



San Diego Seafood: Then and Now

Sample excerpt only. Does not include all chapters under development.

Acknowledgements

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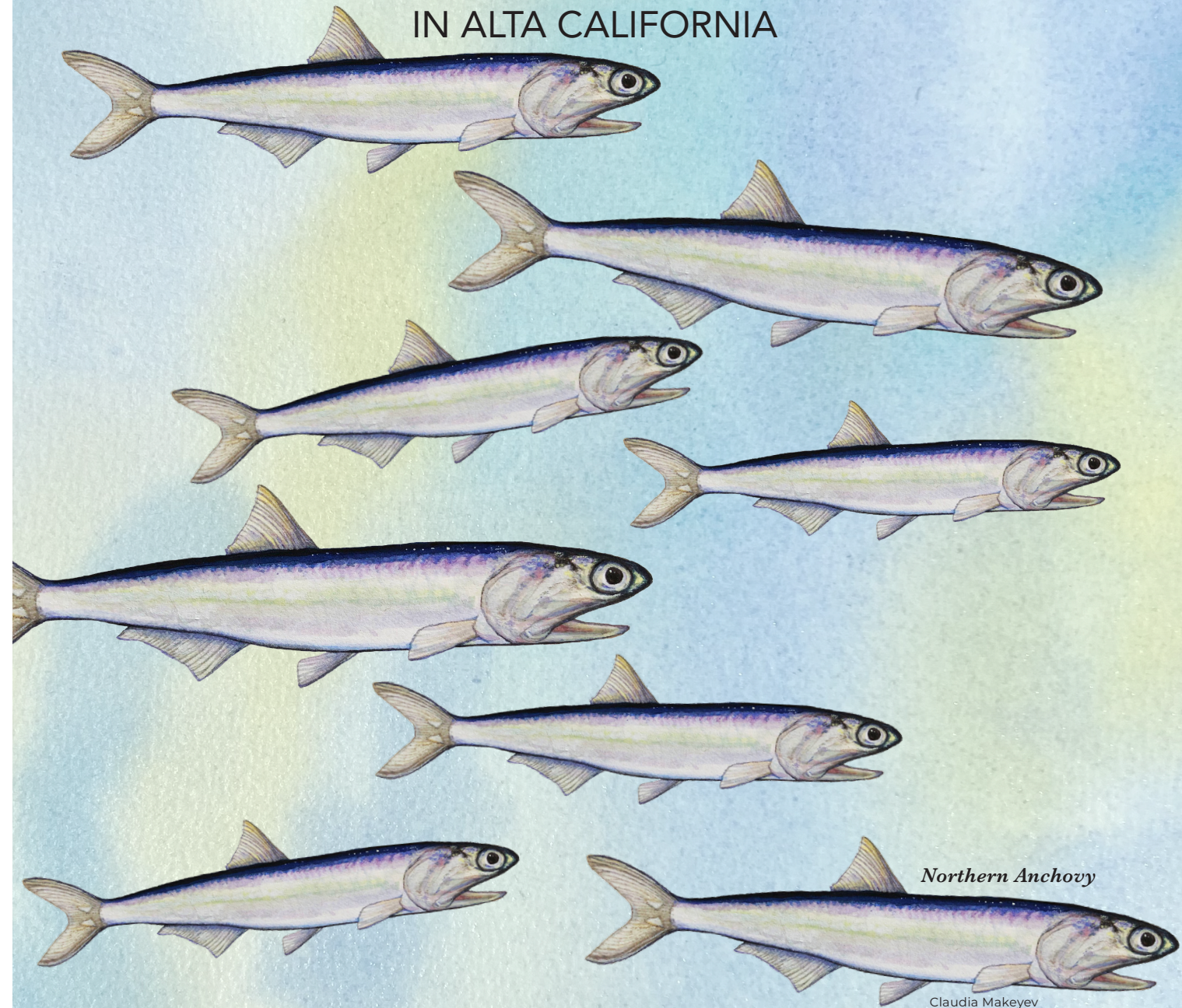
≥\$2,000 — North Pacific Swordfish
\$1,500 — Albacore Tuna
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Spanish Colonial Cuisine

IN ALTA CALIFORNIA



Northern Anchovy

Claudia Makeyev

Spanish Community, History, and Cuisine

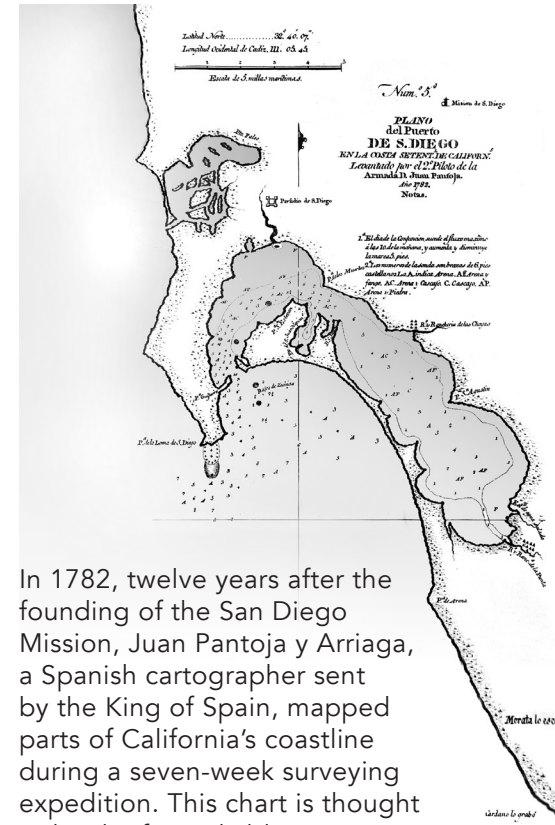


Illustration on overleaf. Swimming with mouths agape, the northern anchovy eats plankton collected from the water as it passes through their gills. Seabirds, sea lions, and countless other animals eat anchovies, making them an essential bridge between microscopic and macroscopic life in the ocean food web.

Currently, Spain leads all other European countries in its annual consumption of seafood. The nearest rivals are Portugal and Lithuania. Spanish seafood is served relatively simple with a minimum of spices. Salt and olive oil are the most commonly used ingredients in a culinary tradition that favors grilling or boiling. Traditionally Spaniards, like their Portuguese neighbors, relied either on the consumption of fresh catches or the use of salting

After more than three months voyaging, from a port in (what is now) Guatemala, Juan Rodríguez Cabrillo's small fleet entered a bay he named 'San Miguel' (now San Diego Bay), on September 28, 1542. Cabrillo described the port as "closed and very good," and claimed it for Spain. The fleet of three ships was the first known landing of Europeans on the coast of Alta (upper) California.

to preserve fish when it was to be reserved for later consumption. Prior to the invention of refrigeration on an industrial scale, this salting process was employed immediately to avoid the fish spoiling in the warm Mediterranean climate. Salting was a specialized art, requiring not only abundant refined salt, but also ample space and one or two weeks to ensure that the fish was adequately cured for long-term preservation. Once salted, fish could be consumed many months after they had been caught. For instance, on board a Spanish



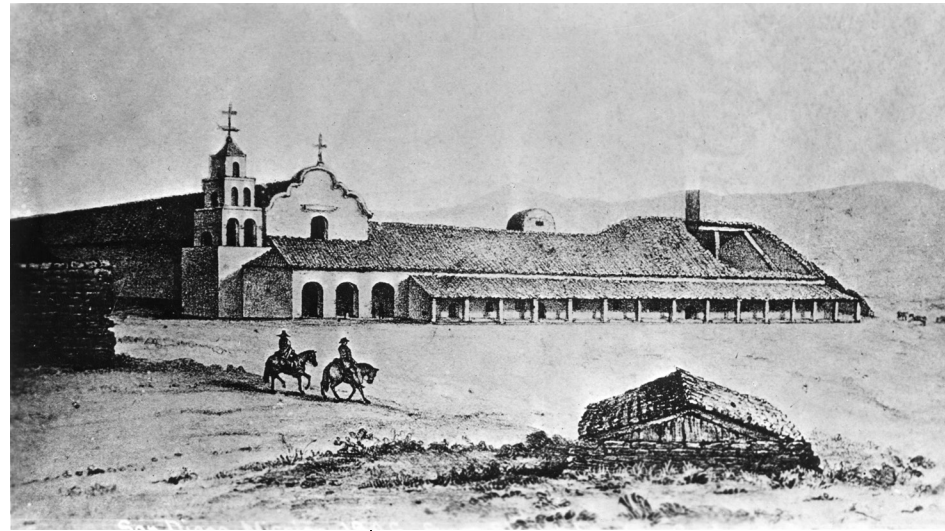
In 1782, twelve years after the founding of the San Diego Mission, Juan Pantoja y Arriaga, a Spanish cartographer sent by the King of Spain, mapped parts of California's coastline during a seven-week surveying expedition. This chart is thought to be the first reliable map of San Diego Bay and the surrounding area.

Navy man-of-war, during the great Age of Sail (1500s-1800s), each crewman was allotted three ounces of salted cod on Fridays.

Sources from the colonial period suggest that the Spaniards were far more focused on developing agriculture and left the fishing in the hands of the indigenous populations. California Coastal tribes actively engaged in bartering food—particularly seafood—with the Spaniards. It is well documented that the Kumeyaay and other coastal tribes were skilled in fishing and their expertise was keenly sought by the Spaniards. Missionaries like Junípero

We had barely arrived when two gentiles [Kumeyaay] from a large ranchería nearby came to greet us, after which one of them ran off and quickly returned with a large piece of grilled fish artfully arranged on some greens. The Señor Gobernador and I tasted the fish. It was very good. We continued eating. At the same time the man presented us with a cup-shaped basket they made from grasses. In these parts they call them 'coras.' It was filled with a large amount of a powdery substance, which at first glance looked like dark soil to me...the fragrance was so pleasing and it tasted like a mixture of ground spices. We then sprinkled some of the powder on the fish, which gave it the flavor of cloves and pepper.

From the diary of Junípero Serra's overland trip north from Baja California in 1769

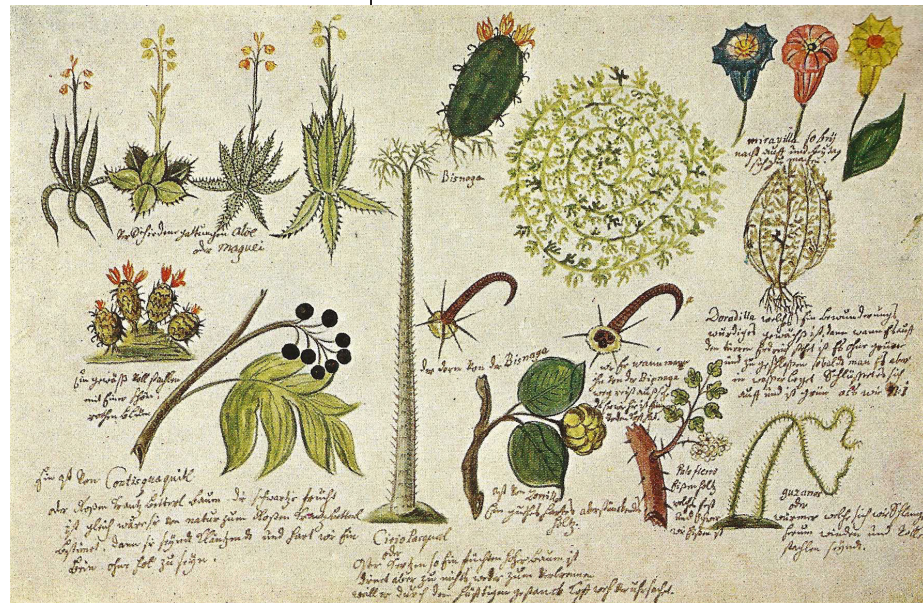


Drawing of Mission San Diego de Alcalá in 1848, depicts two people on horseback riding past the mission.

Serra and Juan Crespi wrote with admiration of the Kumeyaays' fishing skills and the plentiful coastal resources they accessed. Crespi, for example, described the fishing nets and tule canoes used by the fishermen. Mussels, sardines, and other fish were traded

with the Spaniards. Archaeological evidence shows that for centuries the Kumeyaay had caught and eaten shortfin corvina, yellowfin croaker, white sea perch, scorpion fish (sculpin), and sea bass, as well as a wide variety of local shellfish. Given their reliance on indigenous fishermen, we may assume that the Spaniards ate much of what the Kumeyaay had consumed for a millennia. Cooking or smoking fish over an open fire seems to have been a favored method and one employed by the Spaniards.

Kevin Sheehan, Ph.D.



Jesuit missionary Padre Ignacio Tirsch joined the Spanish missions in Baja California in the mid-1700s and produced illustrations of native plants, documenting their uses by the indigenous peoples of the area.

Prep time: 5 minutes
Cooking time: 10 minutes
Serves: 4

- 1 pound northern anchovies, whole (See Chef Notes)**
- 1 cup unbleached white flour**
- 1 baguette, sliced**
- 2 teaspoons salt**
- 1-2 cups olive oil**
- 1 lemon, cut into wedges**

1. Clean anchovies by removing heads and innards, then rinse, pat dry, and set aside. Work quickly and place cleaned anchovies on ice to keep them fresh.
2. Pour flour onto a large plate and mix in 2 teaspoons salt. Roll each anchovy in the flour until coated.
3. Heat olive oil in a large skillet over medium heat. Fry anchovies in batches until golden on both sides, about 1 minute each side.
4. Remove anchovies from skillet and drain on paper towels. Taste and add salt if necessary. Serve immediately alongside lemon wedges and baguette.



Boquerones Fritos

Chef Mario Guerra

Chef Notes:

Northern anchovies are incredibly nutritious, packed with protein, essential vitamins and minerals, and omega-3 fatty acids. Fresh, they are rich and mild, distinct from the intense flavor of the cured, canned, or jarred forms that

most are familiar with. They are also fragile, need to be handled carefully, and brought to market rapidly to maintain quality. If you can't find northern anchovies, substitute Pacific sardines, another forage fish small enough for this tapas-style preparation.

Bonito a la Vizcaina

Chef Mario Guerra

Prep time: 15

Cooking time: 45

Serves: 4

1 pound Pacific bonito filets, steaks, or loins
See Chef Notes.

1 pound small potatoes, sliced

1 onion, sliced

3 garlic cloves, minced

½ cup olive oil, divided

6 ounces tomato sauce

½ cup pimentos

¼ cup olives

½ cup water

¼ cup white wine

1 tablespoon capers

1 tablespoon oregano, fresh

½ teaspoon paprika

¼ teaspoon cumin

1 bay leaf

Chef Notes:

This dish is adapted from bacalao a la vizcaina, a traditional stewed salt cod recipe from the Basque region of Spain. The recipe traveled to Spain from Basque and became widespread in other countries due to Spanish colonialism. Using a fresh local fish like Pacific bonito puts a West Coast spin on the meal.

1. Heat 1 tablespoon olive oil in a large skillet over medium-high heat.
2. Layer half of the potatoes, bonito, garlic, onion, pimentos, olives, capers, oregano, sauce, paprika, cumin, and ¼ cup olive oil into the skillet. Repeat layering with remaining ingredients, except the bonito.
3. Pour in remaining olive oil, white wine, and water. Shake the skillet to distribute and tuck in bay leaf.
4. Bring to a boil, lower to a simmer, and cover for 15 minutes. Once 15 minutes have passed, lay the bonito in the skillet to simmer.
5. Remove from heat when bonito is fully cooked, around 15 minutes, and serve alone or with white rice.



Ensalada Pacifica

Chef Oz Blackaller

Chef Notes:

Any species of tuna will pair well with this recipe.

Prep time: 15 minutes

Cooking time: 5 minutes

Serves: 1

4-ounce tuna steak (bigeye tuna, bluefin tuna, yellowfin tuna, or albacore tuna)

1 tablespoon cajun spice

1 tablespoon black sesame seeds

1 teaspoon extra-virgin olive oil

1 tablespoon cucumber, peeled and diced

1 tablespoon piquillo or pimento pepper, diced

1 tablespoon green olives, diced

1 tablespoon celery, diced

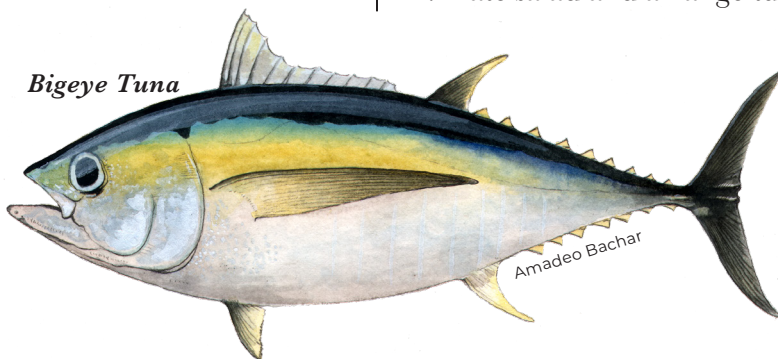
4 fingerling potatoes, roasted and sliced

1 cup shredded red cabbage

1 cup baby spinach

1 cup baby arugula

1. Rub tuna with oil and cajun spice, and coat evenly with black sesame seeds.
2. Toss all vegetables in a mixing bowl with a simple vinaigrette of your choosing.
3. Heat oil in pan over high heat to achieve sear on tuna. Place tuna in pan to sear for 8 seconds on each side. Remove from heat and slice.
4. Plate salad and arrange tuna slices on top.



Bigeye Tuna

Fertilized bigeye tuna eggs are buoyant thanks to a droplet of oil that keeps them floating in warm surface waters until they hatch.



Basque-style Tuna and Potato Stew

Chef Mitch Coniff

Prep time: 30 minutes

Cooking time: 45 minutes

Serves: 4-6

2 pounds fresh tuna, cubed (1 inch) (See Chef Notes)

2-3 russet potatoes peeled, halved, thinly sliced

2 Spanish-style chorizo sausage sliced into ¼ inch rounds (Portuguese Linguica or another cooked sausage of your choice is a fine substitute)

¼ cup olive oil

1 cup red bell pepper, diced

1 onion, diced

½ cup leek, split and thinly sliced (white stem)

3 garlic cloves, minced

1 cup dry white wine

2 tablespoons oregano, fresh

4 cups fish stock (see Fish Broth recipe on [page ?](#)), clam juice, chicken stock, or water

3 tablespoons Spanish paprika

Salt and pepper to taste

Extra virgin olive oil as garnish

Chef Notes:

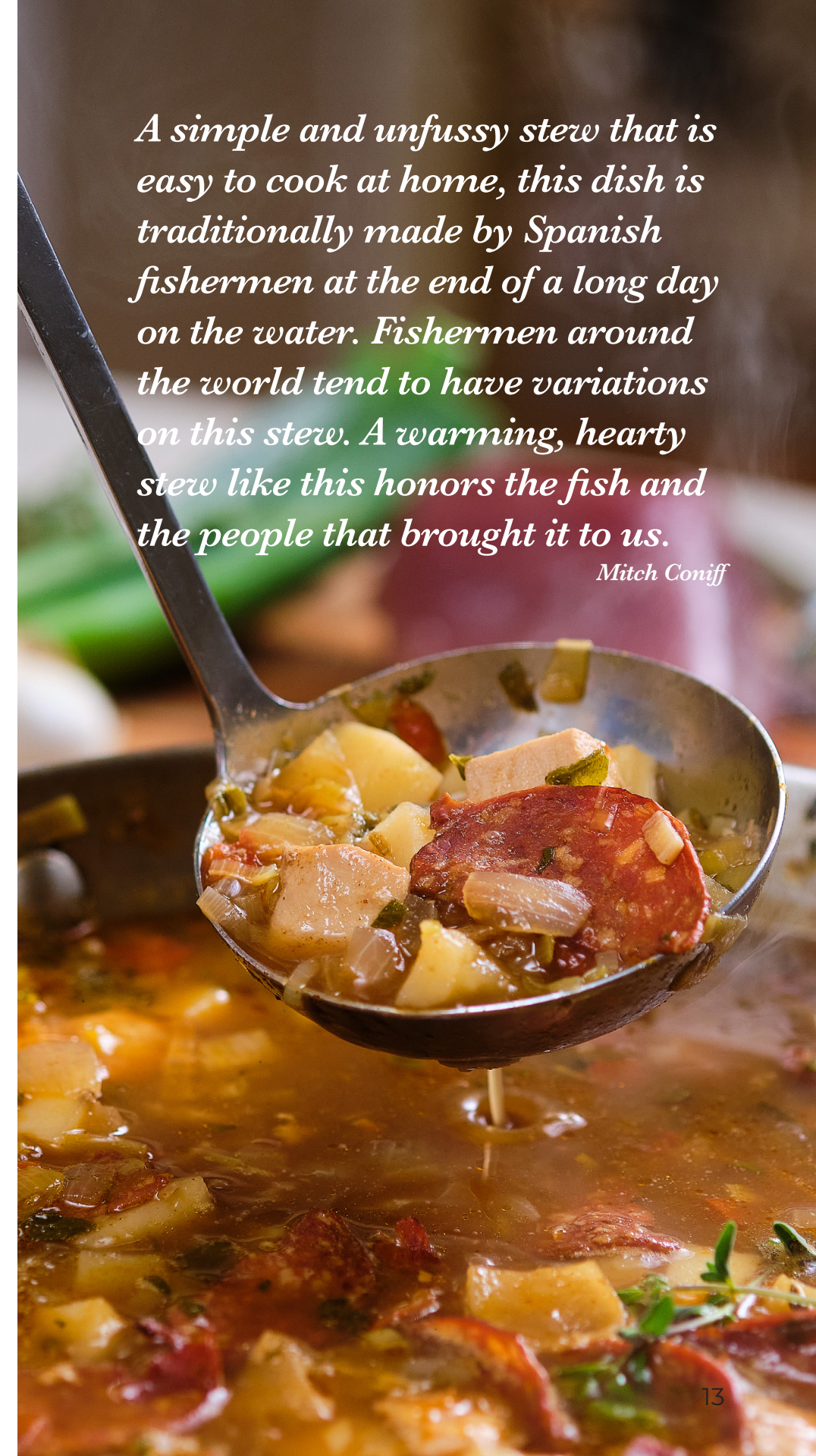
This dish does not require sushi grade tuna and, assuming it is still fresh, is an excellent opportunity to use the imperfect cuts of fish, such as fileting scraps or belly, head and tail meat. This dish is ideal to using all the pieces of the fish that aren't perfect and uniform.. Any species of tuna is appropriate for this dish.

1. Heat olive oil over medium-high heat in a dutch oven or lidded pot and add sliced sausage. Stir often, until sausage begins to brown.
2. Add onions, leeks, garlic, red bell pepper and oregano and sweat until vegetables become translucent, but not brown. Add salt and pepper to taste, but keep in mind the sausage and broth may contribute salt later, so salt lightly.
3. Add paprika and cook, stirring often until paprika becomes fragrant and melts into vegetables. Stir often to keep paprika from burning.
4. Deglaze pan with white wine and let reduce by about a third.

5. Add 4 cups of stock or water, along with potatoes. Bring to a simmer and cook until the potatoes are tender and just starting to easily break apart, but still more or less hold their shape, approximately 20 minutes.
6. Stir tuna into the soup and turn off heat immediately. Cover pot with lid and let sit for 7-10 minutes so the tuna can cook all the way through.
7. After 7-10 minutes, taste the broth and add salt and pepper if desired.
8. Serve the soup with a drizzle of extra virgin olive oil and some crusty bread.

A simple and unfussy stew that is easy to cook at home, this dish is traditionally made by Spanish fishermen at the end of a long day on the water. Fishermen around the world tend to have variations on this stew. A warming, hearty stew like this honors the fish and the people that brought it to us.

Mitch Coniff



Ceviches

While Peru and Ecuador both lay claim as the birthplace of ceviche some 2,000 years ago, what's not in dispute is the influence of the Spaniards who arrived on the continent loaded with citrus and onions — essential ingredients that forever shaped the dishes we savor today.

Bright and citrusy, the method of marinating fresh raw fish and other seafoods in the naturally acidic juice of limes, lemons, grapefruits and even passionfruit makes for a crave-worthy, healthy dish.

The magic is in the fruit's acidity which alters the proteins in the seafood, giving it a “cooked” appearance. Almost any seafood can be used in ceviche, from familiar ingredients like fish, shrimp, scallops and squid, to selections like sea cucumbers, sea urchins, and snails — provided it's fresh or fresh-frozen.

The method may be simple, but the taste is delightfully complex. To achieve it, marinate diced fresh seafood in citrus juice for at least 20-30 minutes until fully opaque. Add in your choice of aromatics, like thinly sliced onion, garlic, and cilantro, along with chili peppers or hot sauce for heat. Coastal cultures all over the world have put their own spin on the beloved dish, because the formula of preparation translates deliciously to the ingredients of any region.



California Halibut Ceviche

Chef JoJo Ruiz

Serves: 10-12

Prep time: 3 hours

Cooking time: 3 hours

6 pounds halibut, diced

4 tablespoons sea salt

2 bunches cilantro, chopped

¼ cup mint leaves, chopped

2 hot house cucumbers, diced

3 avocados, diced

24 tostadas

1 tablespoon olive oil

Cilantro leaves, garnish

Ceviche Marinade:

2 quarts coconut milk

1 quart lime juice, fresh squeezed

2 cups fresh squeezed lemon juice

2 cups yuzu juice

Agave-pickled Serrano and Spring Onion:

2 bunches spring onions, sliced into rounds

¼ pound serrano peppers, sliced into rounds

1 quart white wine vinegar

1 cup agave syrup

2 cups water

1 teaspoon salt

Chef Notes:

This ceviche is reminiscent of Fijian kokoda, which uses coconut milk, and of the Filipino dish kinilaw, which incorporates coconut milk and vinegar (vinegar replacing the citrus fruit as an acidic cooking agent).

1. For the marinade, whisk together coconut milk, lime, lemon and yuzu and strain.
2. For the agave-pickled serranos and spring onions, bring all of the ingredients except for spring onions and serranos up to a boil in a medium saucepan. Once it comes up to a boil, pour liquid through a chinoise over the serrano and onions and cool.
3. Spread diced halibut out in an even layer on a cold pan. Evenly sprinkle sea salt over the diced halibut. Toss very gently to incorporate the salt. Wrap with plastic wrap and let sit for at least 2-3 hours refrigerated.
4. After fish has rested, pour the marinade over the fish and let cook/cure for up to 3 hours.
5. Just before serving, add diced cucumber, avocado, cilantro and mint, tossing gently to combine. Taste and add additional salt or lemon juice as needed.
6. Garnish with pickled serranos, spring onion, and olive oil. Serve with tostadas.



Rockfish Ceviche

Chef Drew Deckman

Serves: 4

Prep time: 20 minutes

Cooking time: 15 minutes

1 pound skinless, boneless rockfish fillet (or other firm white fish like halibut or ling cod), cut into ½ inch cubes

⅔ cup red onion, diced

⅔ cup cucumber, peeled, seeded, diced

2½ tablespoons serrano chile, small diced

⅔ cup cilantro, chopped

⅔ cup roma tomato, peeled, seeded, diced

2 tablespoons mint leaves, finely shredded

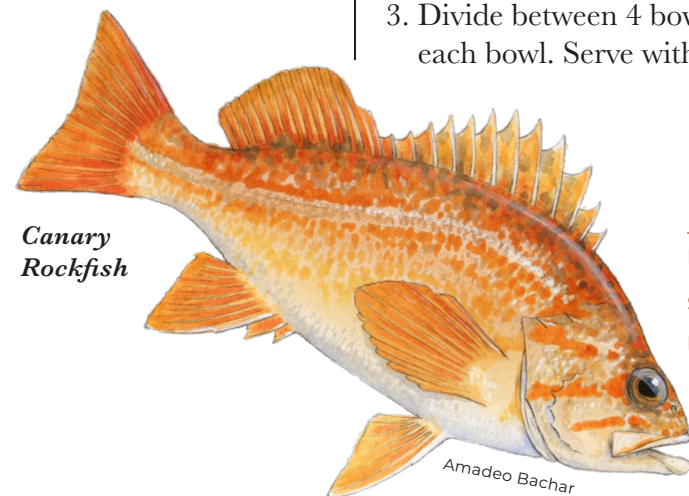
5 tablespoons high quality extra virgin olive oil

2 tablespoons key lime juice

8 tostadas

Sea salt and fresh ground pepper to taste

1. In a stainless steel bowl, combine all ingredients except olive oil and tostadas. Season with salt and pepper to your taste. Allow the ceviche to rest for 15 min in the refrigerator.
2. After 15 minutes, remove from the refrigerator and mix again. Taste and adjust seasoning as needed.
3. Divide between 4 bowls and drizzle olive oil over the ceviche in each bowl. Serve with tostadas.



Unlike most fishes which reproduce by spawning their gametes into the ocean, rockfishes have internal fertilization and embryo development eventually giving birth to tiny larvae that swim off into the ocean.



Calamari Ceviche

Chef Cindy Quinonez

Serves: 6 to 8

Prep time: 30 minutes

Cooking time: Up to 3 hours or overnight

2-2½ pounds market squid, ideally baby (~3-4"), cleaned, cut, blanched (See Chef Notes)

8 scallions, white parts only, julienned

1 red bell pepper, seeded and julienned

2-3 aji amarillo and aji rojo or jalapeño peppers, seeded and julienned

1 clove garlic, peeled and crushed

1 tablespoon coarse Kosher salt

1 cup lime juice (about 6 limes)

½ cup olive oil

1. Prepare squid — clean, cut and blanch (See Chef Notes).
2. Place the julienned scallions, bell pepper, and hot peppers in ice water for 10 minutes. Drain well and set aside.
3. In a small bowl, combine the garlic, salt, and lime juice and let sit undisturbed at room temperature for 10 minutes.
4. Discard the garlic and save the flavored lime juice.
5. Combine the squid, scallions, bell pepper, and hot peppers in a mixing bowl. Add the lime juice mixture and oil, then toss. Taste and correct the seasoning with salt to taste. Chill and serve.

Chef Notes:

To clean squid, peel off the spotted outer membrane. Pull head, tentacles, and viscera from the body. Discard head and viscera, saving tentacles. Remove quill from center of the body, and remove the beak from the tentacles. Rinse body and tentacles thoroughly.

If tentacles are small, leave whole. Otherwise, cut in half or quarters. The body can be cut into rings at an angle, from ¼" thick to ⅛" thick.

To blanch squid properly, prepare an ice bath ahead of time. Bring a pot of water to boil and add tentacles and rings for an instant of cooking. Avoid cooking the squid for longer than a few seconds, as it becomes tough and chewy. Immediately transfer blanched squid to ice bath, and let cool, adding more ice if needed. Drain thoroughly and refrigerate until ready to use.



Yellowfin Ceviche

Chef Oz Blackaller

Serves: 1

Prep time: 20 minutes

4 ounces yellowfin tuna, or any tuna, diced

¼ cup lime juice, fresh squeezed

1 tablespoon minced red onion

1 tablespoon minced jalapeño peppers

1 tablespoon minced cilantro

1 tablespoon diced mango

1 tablespoon diced cucumber

1 tablespoon pomegranate seeds

1 tablespoon minced cilantro

1 teaspoon chile oil

½ teaspoon black sesame seeds

½ avocado, sliced

Salt and pepper to taste

1. Mix all ingredients in a bowl, with the exception of the avocado. Taste and adjust seasonings if necessary.
2. Garnish with avocado slices and sesame seeds before serving.

Dorsal and anal fins on the yellowfin tuna tend to lengthen with age, occasionally reaching elongated, trailing lengths in mature individuals.

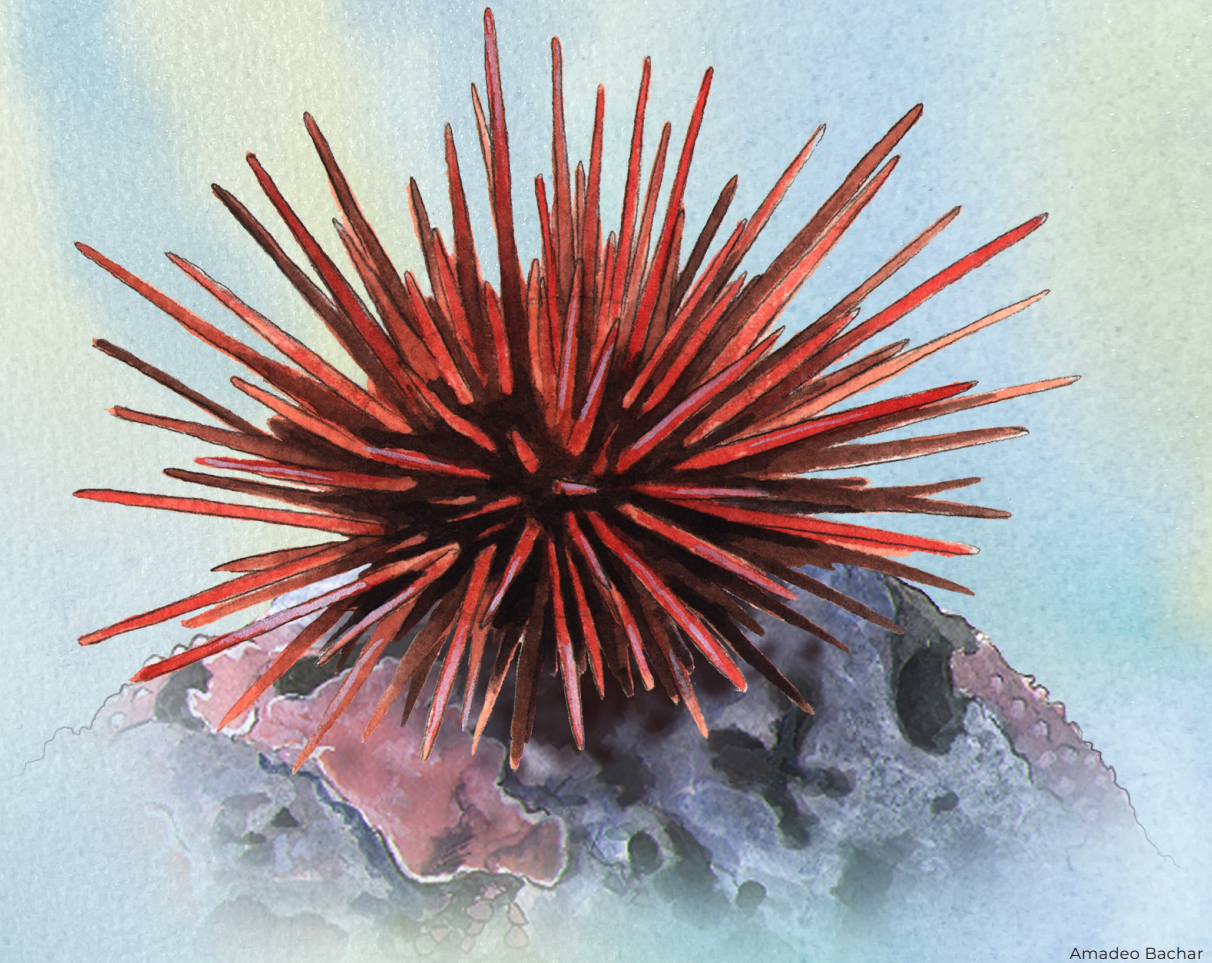


Yellowfin Tuna



Japanese Fishing Community

IN SAN DIEGO



Amadeo Bachar

Red Sea Urchin

Japanese Community, History, and Cuisine

The Japanese entry into San Diego fisheries was initially both inconspicuous and tentative. In July 1899, two fishing boats owned and operated by Hatsuji Sano, with fully Japanese crew, sailed out of San Pedro, dropped anchor in San Diego Bay, and began fishing. Buoyed by their optimistic reports, Jirohichi Kikuchi moved his small fleet of three boats from San Pedro to San Diego, in June 1908, and began to collect and process abalone from as far south as Punta Banda, Baja California. The Japanese harvested the mollusks utilizing two methods popular in Japan (using a bamboo pole and metal hook, or diving). The abalone was then dried on the Baja peninsula and shipped to Japan.



Huge baskets held abalone meat, dried whole in a six-month process, as it was shipped north to San Diego from Baja California. Masaharu Kondo would later develop a method for canning abalone whole, which is still in use today.

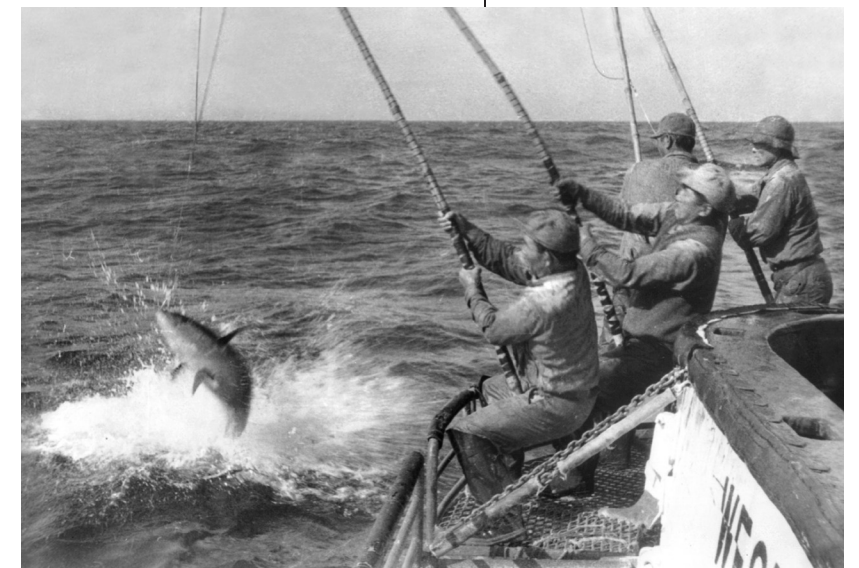
The large-scale entry of the Issei (Japanese immigrants to North America) into the local abalone fishery appears to have been triggered by two major events—first, the price of abalone rose to fourteen dollars a ton (1911) with the result that several local Japanese, who had been engaged in other occupations, switched to fishing.

Illustration on overleaf. Among its spines, the red sea urchin has two other types of arms: suctioning tube feet and claw-like pedicellaria used to grab food, hang on to rocks, locomote, and clean itself.

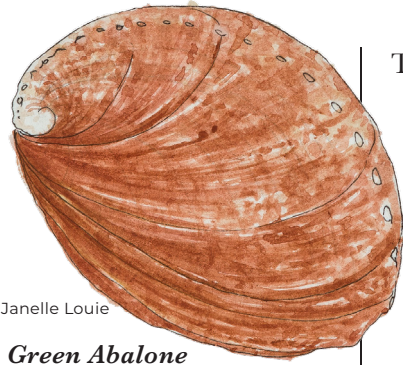


Japanese and Mexican women labor side by side in the Van Camp cannery around 1930. Both Fuji Naramura (second from right) and Take Minemide (front row, second from right) were married to fishermen.

The second event was the arrival in San Diego of Masaharu Kondo. In 1908, representing Japan's Imperial Fishery Institute, Kondo was on a world tour for the purpose of studying fishing technology outside of Japan, when he visited and quickly recognized the untapped potential offered by San Diego and the West Coast of Baja California. Kondo made strategic contacts throughout Southern California and returned four years later to establish the M.K. Fisheries Company in San Diego, which served as a base for processing abalone and lobster harvested along the Pacific Coast of Baja California. He would add a wharf and cannery to the site in 1929, as canned tuna had become a staple during World War I due to wartime meat shortages. Kondo would also be the first in the area to use fully-refrigerated fishing vessels, constructed and shipped from Japan, which extended the fishable range of his fleet all the way south to Panama.



Fishermen haul albacore aboard the *Westgate* around 1939.



Janelle Louie

Green Abalone

The blue-green blood of all abalone species lacks clotting compounds, so even a small injury can be fatal.

The fishing activity of Japanese immigrants was divided into two large groups. There were the fishermen who fished tuna, sardines, and bonito, among other species, and the group of divers that harvested abalone. By using advanced technology they brought with them from Japan, Issei tuna fishermen rapidly gained a reputation for quick voyages and full boats. The first items to be universally embraced were the strong yet flexible bamboo poles seen on all Japanese boats. The appeal of the poles, as opposed to nets, was that they minimized damage to the catch. The bamboo poles were paired with another Japanese invention, clusters of barbless hooks called “squids,” which caused tuna to come off the hook in mid-air and land on deck with maximum efficiency and speed. Issei fishermen also introduced the technique of “chumming,” tossing live bait overboard to encourage a tuna feeding frenzy.



Two generations of San Diegans pose outside their homes at Fish Camp on Van Camp’s pier in the early 1920s, with the cannery behind them. Older fishermen like Tokichi Namiki, pictured, were designated to babysit while fishermen’s wives worked the canneries to supplement the family income.

San Diego’s canneries offered housing for Japanese fishermen and their families, many of whom were cannery workers. The area known as “Fish Camp” was located on a pier in back of the Van Camp Sea Food Company which extended out over the bay. A second Japanese fish camp, connected with Westgate Cannery, was established farther up the bay.

In a narrow window of time, the Japanese contributed a great deal to the San Diego fishing industry. However, long-standing anti-Asian prejudice which permeated the West Coast had closed the United States to the Chinese in 1882 and produced a whole series of alien land laws, which now reached out to touch the Japanese fishermen. Beginning in 1919, a series of highly restrictive state statutes were passed to restrain the

activity of Japanese fishermen from Alaska to California, and eventually even to Mexico. World War II, with its relocation and camps, ended with a cold finality, fishing as a major Japanese activity in the United States.

– Donald H. Estes

In the early 1970s, Susumu “Sus” Kato, a fisheries biologist working for National Marine Fisheries Service was tasked with developing new fisheries for underutilized species. He noticed California sea urchins were broadly considered pests because of their large appetite for kelp. But in Japan, the spiky delicacy was prized and harvested from well-managed fisheries. While sushi hadn’t yet taken off in the U.S., Kato had noticed a pattern: when uni did appear on sushi menus in the U.S., the delicacy was nearly always imported from Japan, instead of being harvested from our own abundant coastline.

He saw an opportunity and began working with commercial fishermen who were divers, and seafood buyers willing to learn how to process and pack a novel and delicate product. Kato also worked with exporters interested in shipping California sea urchins to Japan and Europe, where demand was growing. California’s sea urchin fishery took off and soon became one of the state’s most important fisheries, in terms of volume and value of sales. It remains one of California’s top fisheries to this day.



Recent History

Sus Kato, pictured with Peter Halmay (right), one of San Diego first commercial sea urchin divers, and Tom Barnes (left), Biologist and Program Manager from 1992-2017 for the State Managed Marine Species Program, California Department of Fish and Wildlife, on 27 August 2013, at the NOAA Southwest Fisheries Science Center

Sakana no Nitsuke (Fish Simmered in Broth)

*Chefs Kelly and
Jolene Fukushima*

Chef Notes:

Any white fish pairs well with this recipe, from black cod, white sea bass, rockfish, sculpin, shortspine thornyhead, or lingcod.

Prep time: 10 minutes

Cooking time: 20 minutes

Serves: 2

1 pound fresh fish fillets, steaks, or whole cleaned fish (cut into portions)

1 cup water

½ cup sake

4 tablespoons soy sauce

4 tablespoons mirin

2 teaspoons dashi

1 tablespoon sugar

3-4 slices of ginger

4 scallions, chopped in thirds

10-12 ounces firm tofu, cubed

8 ounces shiitake, king oyster, or other mushroom

1. Combine water, sake, shoyu, mirin, dashi, sugar, and ginger in a lidded saucepan and bring to a boil.
2. Turn down the heat to a simmer, and add tofu and mushrooms. Cover for 5 minutes.
3. Add fish and scallions, simmering for 5-10 minutes, until fish is just cooked through. Spoon into bowls and serve with rice.

San Diego is home to the most diverse fishing fleet on the entire West Coast. We have offshore boats targeting tuna, opah, and swordfish. Coastal seiners fish squid, mackerel, anchovies, and sardines. Net boats catch white sea bass, halibut, shark, while dive boats harvest sea urchin and sea cucumber. Trap fishermen go after California spiny lobster, crab, and other species. Each boat is an independent, family-owned small business that produces a year-round supply of local, sustainable seafood.

Kelly Fukushima



Donabe Fish Meshi (One-pot Fish over Rice)

Chef Elina Hood

Chef Notes:

This dish is a one-pot recipe made in a 2-liter donabe, a Japanese earthenware pot specialized for cooking over direct flame. You can substitute for a donabe with a ceramic pot or Dutch oven. Keep in mind ceramic and earthenware should not be used directly on induction heating unless specified. Sliced shiitake mushrooms are another common addition. One might also add carrots, burdock root, bamboo shoots, or chicken. Pair this dish with the Wild Spinach and Purslane Ohitashi, recipe page —.

Prep time: 25 minutes

Cooking time: 25 minutes

Serves: 4 - 6

- 2 pounds local fish of choice, skin-on, scaled
- 1 (2-inch) piece ginger, peeled, sliced into matchsticks
- 2-inch piece dried kombu seaweed
- 1½ teaspoons sea salt
- 3 cups short grain rice, rinsed
- 2 cups dashi or water
- 3 tablespoons sake (optional)
- 2 tablespoons usukuchi shoyu (light Japanese-style soy sauce)
- 1 tablespoon mirin
- 4-6 whole spring onions, roots trimmed
- Microgreens (optional) e.g. shiso or shungiku (chrysanthemum)

1. Season the fish with 1 teaspoon of sea salt. Let it rest and pat dry with a paper towel.
2. Combine the rice, dashi, sake, mirin, usukuchi shoyu, and kombu in a donabe, or dutch oven (see Chef Notes). Let the rice soak for 20 minutes.
3. Place the ginger, spring onions, and fish, skin side down, on the rice and cover the lid. Heat on high until it comes to a rolling boil, about 6 minutes.
4. Turn down the heat and continue letting it cook for another 10-15 minutes, or when rice has absorbed all the liquid. Turn off heat and set aside to rest for 10 minutes.
5. Uncover the lid and use a rice paddle or wooden spoon to gently break apart the fish, removing skin and any bones, and then mix it in the rice.
6. Bring the donabe to the table and serve into bowls, garnish with microgreens if desired.

This dish reminds me of the “Takikomi Gohan” or “mixed rice” dishes my grandmother and aunt would make during my stays with them in Japan. I love how flavorful and seasonally adaptable this dish is, and that you can serve it family-style with the donabe at the center of the table. Traditionally, this dish is made in spring or autumn with a whole sea bream, called “tai meshi” but you can substitute any fish you have.

Elina Hood





I love using edible greens that are growing wild in our local ecosystems because there's a special life force to them which is absent from industrial-scale agriculture. Just like wild-caught local fish, they thrive outside our highly controlled systems of food production.

Elina Hood

Prep time: 5 minutes

Cooking time: 1 hour and 10 minutes

Serves: 4 - 5

1 bunch wild spinach, also known as lamb's quarters (can substitute with spinach or other leafy greens)

1 bunch purslane

1 teaspoon kosher salt

½ cup dashi broth or water

1 tablespoon rice vinegar

1 tablespoon ponzu or citrus juice

1 tablespoon mirin

Toasted white sesame seeds, to taste

Katsuobushi (bonito flakes) for sprinkling

1. Wash the lamb's quarters and purslane in a colander, removing any wilted stalks and trimming bottom stems.
2. Prepare a bowl of cold water with ice for transferring the greens after cooking. Boil a large pot of water with a pinch of salt and add greens, stems-first.
3. Submerge greens fully and cook on high for no longer than two minutes. Using tongs, transfer greens into ice water bath to arrest cooking.
4. Once cooled, remove greens and wring out water. Line greens up on cutting board and chop stems and leaves into 1-2-inch pieces.
5. Transfer cut greens to a glass dish or shallow bowl, and pour the dashi or water, yuzu juice or ponzu, rice vinegar, and mirin over top. Set aside in refrigerator for at least one hour.
6. Sprinkle sesame seeds and katsuobushi before serving.

Wild Spinach and Purslane Ohitashi (Dashi-Steeped Greens)

Chef Elina Hood

Chef Notes:

"Ohitashi" refers to a dish in which vegetables are blanched and cold steeped in a dashi-based sauce. It is a common Japanese cooking technique that can be applied to many types of vegetables. Both the lamb's quarters and purslane are commonly found here in San Diego County, and while not common in Japan, I feel that they work well for this recipe. Some substitutions include sweet potato greens, mustard greens, okra, and bok choy.

Black Cod with Black Rice, Ginger Edamame Mash, and Shiitake Miso Broth

Chef Vanessa Briscoe

Prep time: 10 minutes

Cooking time: 45 minutes

Serves: 6

Black cod:

6 (4-ounce) portions of black cod, skin on, pin bones removed

2 ounces olive oil

½ tablespoon of salt and pepper for seasoning

Black rice:

3 cups of black rice

5 ¼ cups of water

Edamame-ginger mash:

3 cups edamame, cooked and shelled

1 tablespoon fresh ginger, peeled, chopped

1 red Thai chili pepper, minced

1 tablespoon sesame seeds

1 scallion, minced

½ cup olive oil

Salt and pepper, to taste

Shiitake miso broth:

6 cups of water

2 shiitake mushrooms, fresh, sliced

2 scallions

Juice of ½ lime

½ cup of mirin

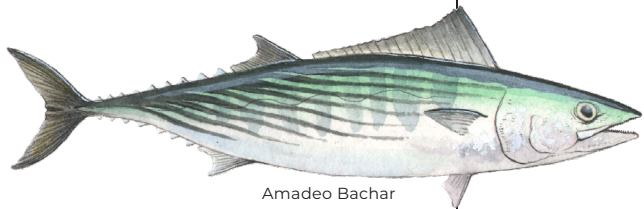
1 cup of miso paste

1. Prepare black rice by bringing water and rice to a boil, then reduce heat to low, cover, and simmer for 30 minutes.
2. Prepare edamame-ginger mash by adding all ingredients to food processor. Pulse until smooth.
3. For shiitake miso broth, bring water, shiitake mushrooms, scallion, lime juice and mirin to boil in saucepan. Add miso paste, stirring constantly, and lower temperature to a simmer for 10 minutes. Strain broth of solids with a fine mesh strainer.
4. Pat fish dry, season with salt and pepper on both sides. Heat oil in sauté pan to medium high heat, and place fish skin-side down. Fish will have the tendency to curl up once you put it in the pan. Use a large spatula to press fish flat for initial seconds of cooking. Continue cooking until skin is golden brown, about 2-3 minutes. Flip and finish cooking for 1-2 minutes.
5. Plate in shallow bowl with ½ cup black rice and ¼ cup edamame mash. Ladle ½ cup of hot strained broth into the bottom of the bowl. Top with fish, skin side up. Garnish with crispy shiitake mushrooms and green onions.



Dry-aged Pacific Bonito Sashimi, in Ponzu

Chef Davin Waite



Because the Pacific bonito does not have a swim bladder to control its buoyancy, it must swim or sink. With an extensive migration of over 1000 kilometers, this active fish is always on the move.

Prep time: 30 minutes to 30 days

Cooking time: 15 minutes

Serves: Varies, depending on size of bonito

Whole Pacific bonito, dry-aged 15–30 days, or fresh for sashimi (see Chef Notes)

1 tablespoon fresh ginger, skinned and grated

2 scallions, finely shredded

Ponzu:

½ cup soy sauce

½ cup fresh squeezed citrus juice

2 tablespoons water

1. Section the fish into quarters in cross-section and cut the four loins off the fish. Trim belly bones and bloodlines, but leave skin on.
2. Using a blowtorch or over an open flame, sear skin until crispy. Immediately chill loins to prevent further cooking.
3. Combine ingredients for ponzu and set aside.
4. Cut loins into ½ to ¼ inch slices, and plate in a deep dish with four to five slices per plate.
5. Pour ponzu over sashimi and evenly top slices with grated ginger. Garnish with scallions. Serve immediately.

Chef Notes:

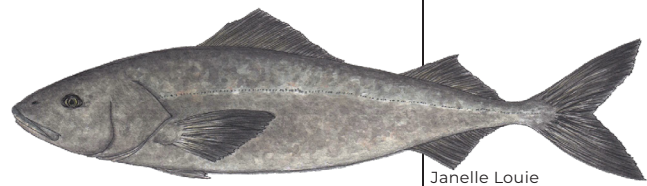
Fresh Pacific bonito is incredible when handled with care. Once caught, it must be bled and iced immediately. If purchased, consume or place bonito in a commercial dry-ager within a few days of being caught. Without a dry-ager, use fresh bonito in your dish. Both styles will foster your appreciation for this fish! To dry age, prepare as follows:

1. Bleed, gill and gut, and ice immediately.
2. Cut off the hard scales with a sharp knife, taking care not to puncture the skin. Hard scales are on the shoulders, belly and behind the pectoral fins.
3. Hang by the tail inside a dry-ager with good circulation all around the fish; set to 85% humidity and 38-41°F.



Grilled Sablefish with Pine, Crab, and Alliums

Chef William Eick



Janelle Louie

Black cod (or sablefish) has the highest omega-3 content of any white-fleshed fish, higher even than some species of salmon.

Chef Notes:

Pick the young pine cones just as they are starting to sprout from the pine branches, usually between January and February in San Diego. They should be green, tender, and about the size of a grain of rice. As long as the tree is a true pine (and not a yew, for example), any species will do. Out of season, substitute spruce tips or pine nuts for a different flavor and texture.

Prep time: 1 hour

Cooking time: 1 hour

Serves: 4

Fish:

4 (5-ounce) skin-on portions of sablefish (black cod)

Salt, to taste

½ teaspoon shichi-mi tōgarashi (Japanese seven-flavor spice blend)

Tare (seasoning sauce):

¼ cup rice vinegar

¼ cup mirin

½ cup soy sauce

½ cup roasted sesame oil

Pine dashi:

1½ cups water

¼ cup fresh pine needles

1-inch piece dried kombu seaweed

Rice:

1 cup pine dashi

1 cup Koshihikari rice (or other short-grain sushi rice)

2 teaspoons immature green pine cones (see Chef Notes)

2 ounces picked crab meat (box crab or rock crab are local options)

1 bunch green onions

2 cloves garlic, minced

½ teaspoon soy sauce



1. To make pine dashi, heat water to 150° F-, just below a simmer, and remove from heat. Add seaweed and pine needles, then steep for 1 hour. Strain and set aside.
2. Chop green onions in half, separating white bottoms from green tops. Chop green tops into rounds and set aside. Grill the white bottoms whole until al dente, toss with ½ teaspoon soy sauce, cover and steam for 1 hour. Once steamed, cut the bottoms into ¼ inch rounds.
3. While green onions steam, rinse rice until the water is clear, then soak the rice in water for a minimum of 30 minutes, up to 2 hours. Strain the rice, then cook the rice with the pine dashi.
4. Combine tare ingredients together in a small mixing bowl. Whisk tare immediately before

- use (it will separate quickly). This will make more than you need, you will season both fish and rice with the tare, to taste.
5. While the rice is cooking, salt the flesh, then grill the skin side of the sablefish over binchotan charcoal (or any open flame available). Once the fish reaches medium rare, after about 4 minutes, flip, and cook for 20 seconds.
6. Remove from heat, and let rest 1 minute. Plate skin-side up, seasoning to taste with the tare and togarashi.
7. Fold in the green onion bottoms and tops into cooked rice, along with garlic, crab and pine cones. Season with salt and tare to taste. Place the grilled sablefish on top and enjoy.

Teriyaki Grilled Collars

Chef Ellyse Briand

Prep time: 30 minutes or overnight

Cooking time: 10–20 minutes

Serves: Varies depending on size of collars

Fish collars (see Chef Notes)

½ cup soy sauce

½ cup mirin

1 tablespoon minced ginger, fresh

1 teaspoon crushed red pepper (optional)

2 stalks green onion

Lemon, cut into ⅛ inch rounds

1. Trim collar to your liking. If the collar is intact, cut down the center to split into two pieces. Cut off large fins, but feel free to leave small fins on - they will not hinder the grilling process.
2. Divide green onion into two, mincing the green tops finely, and set aside white bottoms for the grill.
3. Place fish in a large shallow bowl or leakproof zip-top bag to season and marinate. Evenly season collars with soy sauce, mirin, minced ginger, minced green onions, red pepper and lemons. Set aside for at least 30 minutes and up to 12 hours in the refrigerator.
4. Oil grill grates, then preheat grill on high. Turn down flame to medium-high once grates are hot. Place the collar skin-side down on the grates.
5. Baste collars with marinade and close grill for 5 to 10 minutes (depending on size of collar). Flip and baste again.
6. Place lemon and remaining green onion on the grill to char. Flip to char both sides.
7. Leave collars on grill until fully cooked through (another 5-10 minutes depending on collar sizes). Check by inserting a fork. It should easily separate meat from bone.
8. Serve with charred lemon and green onion, and eat with hands or chopsticks to pry apart the collar and pluck morsels off the bone.

Chef Notes:

One of the richest and most flavorful cuts, fish collars can be hard to find unless sourcing directly from fishermen or buying from a processor. Collars vary in size with species and the individual fish. Large collars can feed small groups, and dainty collars are suitable for personal appetizers. Use your judgment with seasonings, which are simple and scalable. You'll want to have enough to coat the fish in marinade and baste while grilling. This recipe also adapts well to an oven broiler.



Italian Fishing Community

IN SAN DIEGO



Cabezon

Amadeo Bachar

Italian Community, History, and Cuisine



Neptune Seafood Co.
c. 1927

After the 1906 earthquake, many Italian fishermen relocated to abundant fishing grounds aboard 32' vessels inspired by felucca sailing boats of the Mediterranean. Originally designed and built in San Francisco, the boats came to be known as "Monterey's" and made their way to San Diego, creating a vibrant Italian fishing community.

Although ultimately spanning more than a century, the Italian influence on fishing in San Diego had humble beginnings in the late 1800s. Hailing primarily from Italy's regions of Liguria in the north and Sicily in the south, the Italian immigrants heading west first settled in San Francisco to begin their fishing trades. They brought their many tools with them. The nets, for example, reflected Italian innovations and included the palangari (a long line with numerous hooks coiled in a woven basket), lampara (a long net that surrounds surface swimming fish), and paranzella (a net dragged between two boats to catch bottom fish). After San Francisco's 1906 earthquake, an influx of Italian fishermen arrived in San Diego and settled near the waterfront, forming the Italian colony. They arrived understanding that the local waters were teeming with catch—sardines, rock cod and other fish, then tuna. Soon after, many local tuna canneries sprang up, retailers set up shop, and the tuna industry in San Diego was well on its way to becoming a thriving endeavor.

Fishing, however, was not a lone occupation; it was a family affair. While the men were out on the high seas, they depended on wives and children to help with the care of nets— weaving, stretching, drying, and mending. The women also filled a crucial role by working in the canneries, toiling to sustain a livelihood.

Illustration on overleaf.

The name "Cabazon" comes from Spanish meaning "large head," which is a main identifying feature for this fish. Sweet, shellfish flavored meat characterizes cabazon. It's a popular fish for frying! Don't be put off if the meat is blue—like the lingcod, this color does not affect flavor, and disappears with cooking.

The local Italians began simply with small bait boats and fishing nets. The fishermen eventually mastered the art and craft of bamboo-pole fishing for tuna, adapted from the Japanese. They subsequently contributed to a shared body of fishing knowledge that evolved with the combined efforts of Chinese, Japanese, Portuguese, Mexican, and other groups of fishermen. Ultimately, Italian bait boats gave way to larger tuna clippers and then super seiners equipped with technological advancements.



Westgate Cannery, c. 1924



Pole fisherman worked for hours in the racks in the roughest of sea conditions.

When I was a young kid the sardine and mackerel boats would come in and when the whistle blew, the women would run down from Little Italy to work in the canneries. I'd helped set up the cans for mom to can mackerel.

Tony Giacalone

Lone Wolf was a steel, high-tech super seiner built in 1982.



With the advent of these new technologies, fishing pursuits led the bold men to farther distances and greater depths, which meant more lucrative spoils. One of the last super seiners, *Lone Wolf*, was built by Julius Zolezzi (Zolezzi Enterprises). With generations of fishermen in the family, Zolezzi was considered an Italian pioneer in the trade.

The Italian community's combined efforts contributed to branding San Diego the "Tuna Capital of the World" for decades.

Tom Cesarini, Ph.D.



Tony Giacalone (L.) and Joe De Santi (R.) prepare their palangari by attaching 400 hooks to the set lines as they coil the lines into baskets, in preparation for the next day's fishing.

Fishermen Tony Giacalone and Joe De Santi were born in Little Italy and their families came from Sicily. They fished side-by-side in their fishing boats, *Lady Diana* and *Mary Ann*, for fifty years. They caught mackerel, rockfish, sanddabs, and barracuda with set lines, but it was the cabezon and sculpin that would become a mainstay of their livelihood. They dropped off their fresh catch at Chesapeake Fish Co. and Anthony's Fish Grotto three to four times a week for half a century. They retired at the same time, after they had each fished for 69 years.



Elisabeth Sullivan

Mural of the women of Little Italy fishing families work to remove hooks, stretch, dry and mend the nets.

We started out early in the morning. It took about one and a half hours to get to our 'secret' fishing spot and it had to be the exact spot, not even off by ten feet.

Tony Giacalone

When asked how far out they went, Joe De Santi said: *Until I couldn't see my house anymore.*

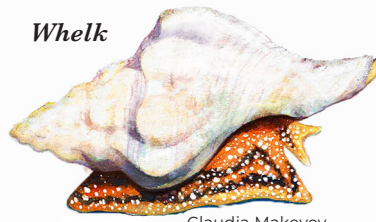
Busalacchi Seafood Pasta

Chef Joe Busalacchi

Chef Notes:

A variety of local seafoods can be incorporated into this recipe, so substitute at will! Kellet's whelk, for example, is a great complement and can be added at step 4 with the other shellfish.

Whelk



Claudia Makeyev

That's a lot of whelk! The Kellet's whelk is the largest whelk in California, growing up to seven inches in length.

Prep time: 15 minutes

Cooking time: 30 minutes

Serves: 2

4 ounces spaghetti, dried

1 market squid, cleaned, cut bite size

2 crab claws, cooked (rock crab or box crab)

2 spot prawn, peeled and deveined

12 mussels, scrubbed and debearded

12 clams (Manila or littleneck)

4 cups Cento tomato sauce

¼ cup fish stock

¼ cup dry white wine

4 cloves garlic, chopped

2 tablespoons butter

3 tablespoons olive oil

2 tablespoons parsley, stemmed, chopped

¼ teaspoon red pepper flakes (optional)

2 lobes uni, or sea urchin roe (optional, garnish)

Salt and pepper to taste

1. Heat olive oil in a pan and sauté garlic until soft for 2-3 minutes.
2. Add squid to pan and stir. Add salt and pepper to taste, and red chile flakes (optional).
3. Add white wine, fish stock, and butter, stirring occasionally. Add 4 cups of tomato sauce and bring to a boil, then turn the heat down and simmer for 8-9 minutes.
4. Add clams, mussels, and shrimp, and cover with lid until clams open, 3-4 minutes.
5. Boil spaghetti until al dente.
6. Add spaghetti into sauce and stir. Finish with chopped parsley, crab claw, uni, and serve.

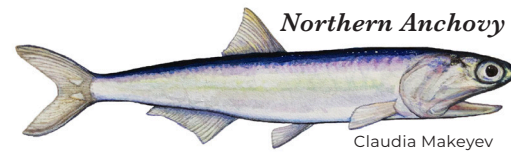


Pasta con le Acciughe, Sarde o Sgombro (Pasta with Anchovy, Sardine or Mackerel)

Chef Accursio Lota

Chef Notes:

This traditional Sicilian dish uses such regional fresh ingredients that replicating it anywhere else in the world is challenging! San Diego, along with the rest of coastal California, is one of the few places where it's possible. Although traditionally made with sardine or anchovy, consider adding mackerel, another oily, heart-healthy fish, to the list of fresh alternatives.



Prep time: 30 minutes

Cooking time: 1 hour 30 minutes

Serves: 5

Sauce:

2 quarts leaves, stem, and root wild fennel, finely chopped

1 cup extra virgin olive oil

1 cup garlic, chopped

1 cup shallots, chopped

1 tablespoon Calabrian chili in oil, chopped

3-5 sardines, anchovies, or mackerel, filleted and scaled

¼ cup water (as needed)

2 bay leaves

Salt and pepper to taste

1½ cups raisins

½ cup white sugar

¾ cup lemon juice

Pasta:

1 pound Bucatini pasta

2 grams Spanish saffron threads

2 tablespoons sea salt

1. Combine sauce ingredients except raisins, sugar, and lemon juice in a braising pan over medium heat. Stew for about 30 to 40 minutes, until the fennel root becomes tender. If sauce begins to fry, add small quantities of water as needed to return ingredients to a simmer.
2. Allow sauce to cool at room temperature. Once sauce has cooled, add raisins, sugar, and lemon juice, stirring to combine thoroughly.
3. Meanwhile, heat a small pan over medium heat with a dash of olive oil. Slice the fish fillets into 2-inch pieces and add to pan, skin-side down. Remove after 2-3 minutes, or after they are fully cooked. Set aside to add to finished dish.
4. When pasta is fully cooked, drain and combine with sauce. Serve with fillets.

The sardine has been a staple at Sicilian tables since probably before the table was invented.

Corinne Gorla



Italian-Style Breaded Fish

Chef: David Haworth

Chef Notes:

This recipe lends itself to the use of many different species, all with firm flesh that holds up to the grill! We recommend opah, white seabass, swordfish, monchong, or halibut.

Prep time: 5 minutes

Cooking time: 12 minutes

Serves: 4

4 (6-8 ounce) fillets, firm fish (see Chef Notes for species recommendations)

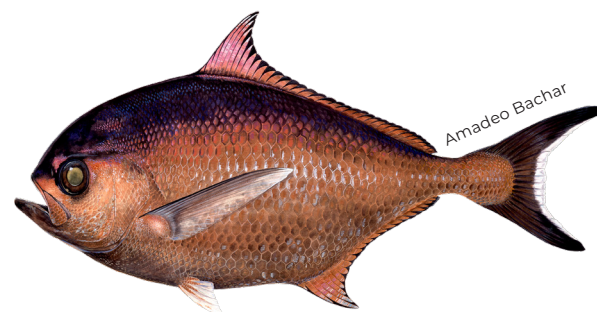
½ cup olive oil

1 cup Italian-style breadcrumbs

¾ cups parmesan cheese, finely grated

1. Combine breadcrumbs and parmesan cheese.
2. Coat fish in olive oil, then evenly coat fillets in breadcrumbs and parmesan cheese mixture.
3. Place fillets on grill over high heat for 4-6 minutes on each side until the breading turns a golden brown. If using an oven, heat to 400°F and bake for 10-12 minutes in a greased pan (flip halfway). Serve immediately.

Sickle pomfret, also known as monchong, gets its name from its deeply forked, "sickle" tail. It is also distinguished by large mirror-like scales in shades of bronze, silver, purple, and black, and enormous eyes that give away its deep sea origins.



Sickle Pomfret (Monchong)

Amadeo Bachar

As much as possible, I want to feed San Diegans. I want to bring fish straight from the boat to the people at fair prices, and let them see what San Diego seafood is all about.

*David Haworth,
San Diego Commercial
Fisherman*

Grandpa Lauro's Cioppino

Chef Lauro Saraspe

Prep time: 20 minutes

Cooking time: 1 hour 30 minutes

Serves: 4-6

- 1 (1-2 pound) whole rockfish or sculpin, gilled and gutted
- 2 whole California spiny lobsters or 2 whole Pacific rock crab
- 2 pounds mussels
- 2 pounds clams
- 2 quarts room temperature filtered water
- 1 pound small new potatoes, cut into ½-inch cubes
- 4 carrots, peeled and sliced into ½-inch rounds
- 1 onion, sliced
- 3 stalks celery, sliced into ½-inch pieces
- 1 (28 ounce) can crushed or chunked tomatoes



3 cloves garlic, minced

1-2 bay leaves

2 tablespoons olive oil

2 tablespoons butter

3 tablespoons chopped parsley, for garnish

Salt and pepper to taste

1. Heat the olive oil and butter together over medium-high heat in a heavy-bottomed soup pot. Add the onion, season with salt and pepper, and cook until soft and fragrant, about 4 minutes. Stir in the garlic and cook for another minute or two, making sure not to burn it.
2. Set the cleaned fish in the pot with the bay leaves and water. If the fish is too large to fit in the pot, it can be cut into sections. Bring stock to a boil and reduce heat to low to simmer for 20-25 minutes.
3. Once fish is cooked (meat opaque and falling off the bone), carefully remove from the liquid using a slotted spoon. Allow fish to cool slightly before removing meat from the bones. Reserve meat and discard the bones and head.
4. Add the sliced vegetables and canned tomatoes to the broth. Stir to combine. Let the liquid barely come to boil and reduce heat. Simmer soup until vegetables soften, about 30-45 minutes, seasoning with salt and pepper as you go.
5. Prepare the spiny lobsters or rock crabs while the vegetables simmer. If using rock crab, rinse well under cold water, then use a large knife to cut into 2-inch chunks. If using lobster, separate the heads from the tails. Devein the tails and gently rinse the heads under cold water in the sink. Use a large knife to cut the lobster into 2-inch chunks (including the heads).
6. Add the lobster or rock crab chunks to the soup about 25 minutes before serving. Add the mussels and clams 10 minutes before serving. Return the flaked rockfish or sculpin meat to the pot. Continue to cook just until the clams and mussels are open. Discard any shellfish that does not open.
7. Finish soup with chopped parsley and serve with a fresh baguette or garlic-scratched bread.



California spiny lobster

Chef Notes:

Dispatch your fresh lobster and crab humanely by chilling them in the freezer or in a saltwater ice slurry until they are unresponsive, then use a sharp knife to split them down the middle.

Cioppino is a mixed seafood stew that can function as a beautiful catchall for scraps and offcuts as well as an abundant holiday dish. This recipe is one our grandfather, Lauro, honed after decades of working as a commercial fisherman. He likes to say that once you have the proper "juice" or stock, you can add just about anything you want. Using a meaty bottom-feeding fish such as sculpin or rockfish will yield the kind of robust and flavorful base that is the backbone of a delicious stew.

Seafood Linguine

Chef Tommy Gomes

Market Squid



Amadeo Bachar

The entire population of market squid replaces itself annually, as the squid have a 6-9 month lifespan and die after reproducing.

Prep time: 15 minutes

Cooking time: 15 minutes

Serves: 2

1 pound market squid, cleaned and cut into bite size pieces, or 1 pound peeled, deveined spot prawn

1 pound linguini, dried

½ cup capers

4 garlic cloves, crushed, finely chopped

3 tablespoons unsalted butter

½ cup lemon juice

1 cup white wine

⅓ cup parsley, finely chopped

1. Bring a pot of salted water to a boil and cook the linguine until al dente (7-8 minutes). Strain the pasta, rinse with cold water, toss with olive oil, and set aside.
2. In a large saucepan combine white wine, lemon juice, garlic, and butter. Bring to a boil, then reduce pan to a simmer.
3. If using spot prawn, add to saucepan to simmer for 3-5 minutes, or until prawns curl into a "C" shape. If using squid, add to saucepan for 2-3 minutes, or until opaque and tender.
4. Remove pan from heat and toss the pasta into the pan to fully coat with sauce.



Swordfish Piccata

Chef Tommy Gomes

Chef Notes:

The tomahawk cut of a swordfish is taken from the collar of a whole fish, a rarely utilized cut that is exceptionally rich and flavorful due to higher fat content. If you can find it, do not miss out! And be sure to cover the exposed bone with foil to prevent it from burning in the oven.

Northern Pacific
Swordfish occasionally is found "sunning" itself on the surface. Commercial harpoon fishermen often rely on the telltale sign of a dorsal fin and tail fin protruding from the water to find their targets!

Prep time: 15

Cooking time: 1 hour

Serves: 1

1 portion of swordfish (tomahawk cut, bone-in, recommended)

1 package prosciutto, thinly sliced

¾ cup lemon juice, freshly squeezed

1 cup white wine

1 lemon, cut into wheels

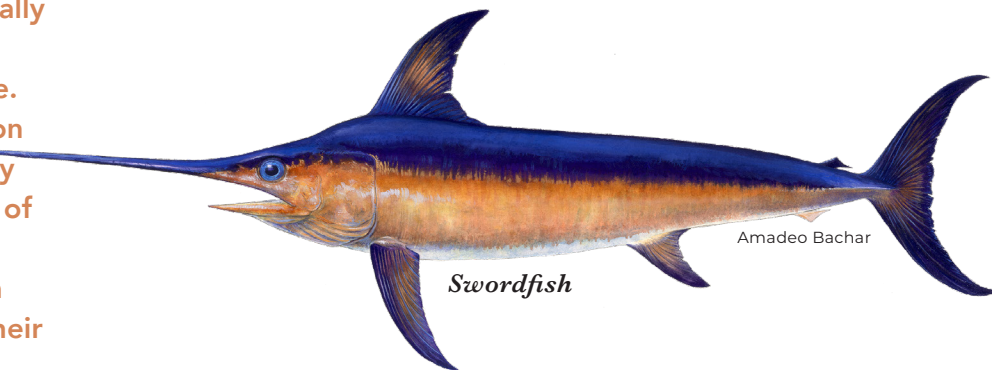
4 cloves of garlic, crushed, finely chopped

1 tablespoon olive oil

½ cup capers

1 teaspoon red pepper flakes

1. Preheat oven to 375° F.
2. Wrap swordfish in prosciutto until completely covered, then return to refrigerator for 15 minutes.
3. Heat olive oil in oven-safe pan on high heat. Remove swordfish from refrigerator and sear in pan, turning as needed to achieve sear.
4. Add remaining ingredients to pan and transfer to oven for 35-50 minutes, depending on thickness of swordfish. Baste swordfish in pan juices 3-4 times during cooking. Fish should reach an internal temperature of 130-135°.
5. Remove from oven, cover in foil, and allow to stand for 10-12 minutes before serving.



California Sheephead Pizza

Chef Luca Zamboni

Prep time: 72 hours

Cooking time: 20 minutes

Serves: 5

Dough:

3 ½ cups “00” (finely ground) flour, Caputo Red recommended

⅓ cups wholemeal flour

1 ½ cups cold water, divided

½ teaspoon active dry yeast

2 teaspoons salt

1 ¼ tablespoons extra virgin olive oil

Fine semolina flour, for dusting

Toppings:

1 fillet California sheephead

3 tablespoons ricotta cheese

2 ovoline balls of fresh buffalo mozzarella cheese

2 gold potatoes, boiled

15 kalamata olives

15 cherry tomatoes, sliced in half

1 cup parsley, chopped

2 garlic cloves, minced


2 teaspoons extra virgin olive oil

Salt and pepper to taste

Lemon zest

1. In a large mixing bowl, combine “00” flour, wholemeal flour, dry yeast, and 1 cup of water, kneading until well combined, for about 3 minutes. Add the salt and knead it into the dough for another 3 minutes. Add extra-virgin olive oil and knead for another 3 minutes. Finally, add the remaining ½ cup of water and knead for 3 minutes. Allow the dough to rest for 15 minutes.

continued on page 20



Like me, this potato-topped pizza is from Rome. In Rome I would use dentice, or dentex, one of the most popular fish in Italy. The texture of California sheephead is similar to dentice. There's so much seafood variety in San Diego that I can always find a great local substitute.

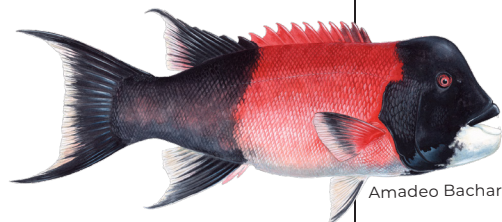
Luca Zamboni

California Sheephead Pizza

(continued)

2. After 15 minutes are up, stretch and fold the dough over itself. Repeat every 15 minutes until the dough has been folded three times. Place the dough in the refrigerator for 72 hours inside a bowl three times its volume, where it will rise.
3. Remove the dough, cut it into two equal balls (this recipe makes 2 half-pan pizzas), and put each into its own bowl (triple the volume). Cover both bowls with damp kitchen towels and set aside at room temperature to continue rising.
4. Once dough has doubled in size, about 1-2 hours, place each dough ball on a heavily floured surface and use your fingers to stretch it out. Use your hands to shape it into a half-pan shape. Dust with semolina flour. Preheat your oven to 550 °F, grease your half pans and bake pizza dough for 7 minutes, until it is 85% baked. Remove and let cool.
5. While dough is cooling, season sheephead (or any other lean, white fish) fillets with fresh minced garlic, salt, and pepper to taste, then saute in oiled pan over medium heat for 2-3 minutes per side. Cook the fish on the rarer side, as it will later be placed in the oven to finish.
6. Spread ricotta cheese over cooled pizza crust and drizzle with olive oil.
7. Remove skins from boiled potatoes and crumble them evenly over pizza crust. Sprinkle remaining minced garlic over potatoes.
8. Tear ovoline buffalo mozzarella into pieces, and top potatoes. Add kalamata olives and sliced cherry tomatoes. Break fish fillets into chunks and distribute over pizza. Top with parsley. Season pizza with salt and pepper to taste.
9. Return to oven at 550 °F for 4-5 minutes, until mozzarella is melted and bubbling. Garnish pizza with your extra virgin olive oil, parsley, and lemon zest. Cut and serve immediately.

California Sheephead

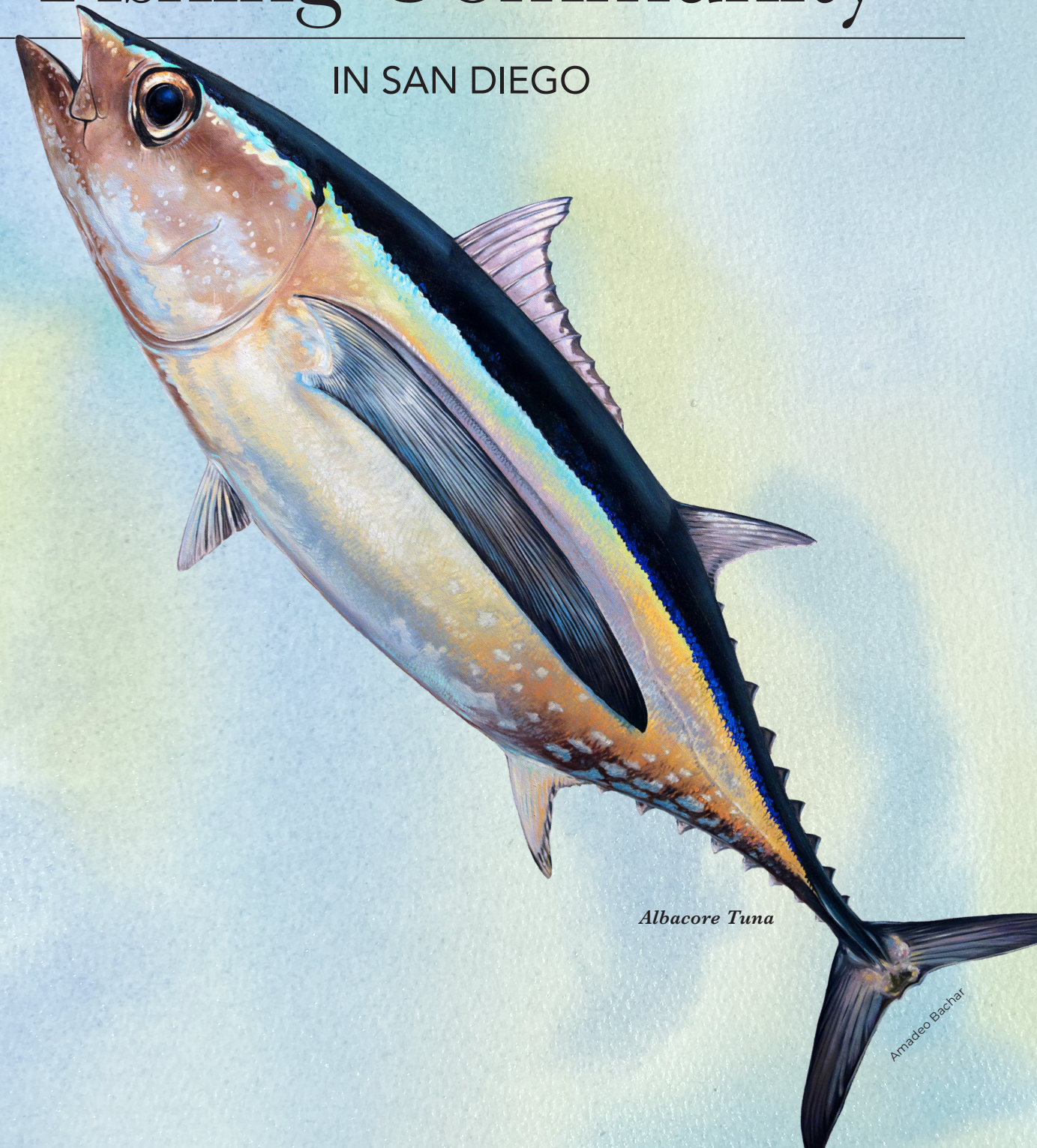


Amadeo Bachar

Crustaceans are a large part of the California sheephead diet, and people say the meat of this fish tastes like the shellfish it consumes.

Portuguese Fishing Community

IN SAN DIEGO



Albacore Tuna

Amadeo Bachar

Portuguese Community, History, and Cuisine

When the Portuguese came to San Diego, in the mid-1800s, they used a process of drying fish to preserve their catch and then transported the load to the Portuguese communities throughout California. This process was also widely used by the Chinese who fished out of La Playa, in San Diego, until the 1890s.

The Portuguese made their small homes called “shacks” right at the water’s edge and had their boats docked in front of their homes.

Around 1908, after the small Japanese tuna fishing fleet moved south from San Pedro to San Diego, the Japanese method of “pole fishing” rapidly caught on throughout the wider fishing community. The introduction of the bamboo pole, which was very flexible and strong, defined the style, thus the name “pole fishing.”

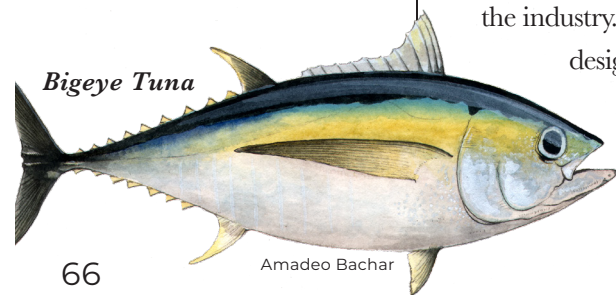


Portuguese tuna fishermen in La Playa, Pt. Loma, c. 1905

My father, Manuel Rodrigues, better known as ‘Malhiques,’ fished for many years (from the 1940s), first by pole fishing on bait boats (also known as fishing from the rack) and then working on purse seiners.

The modern purse seiner was designed by Portuguese Jose Vitorino Silva, who worked for

Campbell Industries. Purse seiners used nylon nets and power blocks to hoist the tons of tuna being caught. These were innovations contributed by Croatian fishermen, who first used them in San Pedro. Once adopted by the Portuguese in San Diego, they became the fighting force behind sustaining the industry. Other innovations followed including the Medina panel, designed by San Diego native and Portuguese Harold Medina, in 1971. This drastically reduced dolphin/porpoise mortality



Bigeye Tuna

Amadeo Bachar

and is used worldwide to this day. Later, the brailing system, which is the scoop that transfers the fish from the ocean in a sack to the boat, was revolutionized from a hand-controlled scoop to a mechanical brailer. My brother, Augusto Rodrigues (captain of many different purse seiners, while working for the same owner, Ed Gann, for almost 40 years), designed the mechanical brailer.

When we arrived in San Diego in 1969, the tuna fishing industry was booming. In the 1970s, San Diego was known as the “Tuna Capital of the World”. There were over 200 tuna-fishing purse seiners who called San Diego homeport. Over 80% of them had Portuguese owners and/or captains. A common site in those days was to see downtown San Diego adorned with many fishing vessels anchored alongside the Embarcadero. Tourists stopped and talked to the fishermen who were mending nets on the sidewalk.

I remember fondly how my father and other crewmembers were allowed to bring home a whole tuna. It was cleaned, cut up and shared with family and friends. A good portion of it was cooked that same day and canned homestyle in mason jars. The next dish involved cooking the fish bones that still had plenty of meat on them and preparing them in a special marinade (escabeiche), which could be refrigerated for days. The longer it sat in the sauce the better tasting it was. That first day, some pieces were cut up, like a steak, and made for dinner using a simple marinade that

The La Playa salt-drying houses on Point Loma in the early 1900s. After cleaning and gutting the fish, the fish was opened fan-like, the bones left intact, and then the fish was smothered with rock salt. Finally, the fish was laid out on wooden planks to dry until completely dried.



My father was a tuna fisherman and my grandfather was a fisherman and boat owner as well. I grew up with all things ‘fish!’ Fish was a staple, like milk and bread in most homes. It was not uncommon to eat fish for breakfast.

Evelyn Barandiaran



Captain Manuel G. Rosa (2nd from left upper deck c. 1930s) was one of the pioneers of the tuna fleet in San Diego.

brings out the delicious, fresh tuna flavor. Extra pieces were always made so that there were plenty of leftovers. The remaining pieces were frozen and ready to be cooked, baked, barbequed, stewed, fried, however you wanted to cook the tuna. It would happen that we ate fish almost every day because my mother never wanted the fish to stay frozen too long.

A good Portuguese cook never lets good food go to waste.

Zeca Rodrigues



The *Belle of Portugal*, shown here during her Christening ceremony, was built in 1937 at Campbell Shipyard and was the pride of her day. The clippers, largely owned by Portuguese and Italian families, were built larger for long distance fishing with refrigeration and other innovations.



Fishermen stack the seine net and floats. Tuna seine nets were worth \$50,000 in the 1960s, making mending a worthwhile effort.

Tuna fishing was always a part of our lives, and thanks to my father's dedication, I have a comfortable life today. He knew how to save and our education was really important to him, even though he had maybe only a third-grade education, as my uncles did. But they were smart men.

Linette DaRosa

We used to have a good time going to the tuna boats on the Embarcadero and climbing on the nets. As they left port, we all drove down to Shelter Island to honk our horns and wait for the boat to give one more toot before leaving the bay. It was a lot more fun watching them come back in, though!

Evelyn Barandiaran



Purse seiners *Atlantis*, *South Seas*, and *Bold Adventures*, tied up at the Embarcadero. c. 1999.

Portuguese Tuna Salad

Chef Tommy Gomes

We had a lot of tuna sandwiches growing up. I went to Catholic school, and on Fridays, when we didn't eat meat, you could smell that tuna fish, inside paper bags with oil spots, all through the classroom.

Linette DaRosa

Prep time: 15 minutes

Serves: 2-4

Freshly steamed 6-8 oz tuna loin (any tuna, or your choice of firm fish), or Portuguese-style Fresh Canned Tuna (see recipe)

¼ cup red wine vinegar (more to taste)

¼ cup diced red onion

1 tablespoon diced yellow bell pepper

1 tablespoon capers

½ teaspoon onion powder

½ teaspoon garlic powder

Salt & pepper, to taste

Olive oil, to taste

1. In a bowl mix together tuna, vinegar, onion, bell pepper, capers and garlic and onion powders.
2. Season with salt and pepper and additional olive oil to taste.
3. Serve with crackers or vegetables, or use for sandwich filling.
4. Store salad in an airtight container in the refrigerator for up to a week.

This tuna salad was Portuguese or Italian depending on whose boat you were on. The cook always kept a bowl of tuna salad prepared for hungry fishermen. They would grab a roll, hollow out the soft part to save for croutons, stuff the crust with tuna, wrap it in wax paper and put it in their pockets for when they got hungry while working on deck.

Tommy Gomes



Bolinhos de Bacalhau (Codfish Meatballs)

Chef Donna Calhoun

Chef Notes:

See Salt Brined Local Fish recipe (page ?) for an alternative to salt cod (Bacalhau)—one with less intensity. If using salt brined local fish, no presoak is required. Poach for about 5 minutes, until the fish is just cooked, flaking easily.

If using imported bacalhau, presoak it a day or two before use as follows:

1. Place salt cod in cold water for 24 to 36 hours under refrigeration.
2. Change the water four or five times during soak.
3. Drain cod and rinse well under cold running water.
4. Place in saucepan and cover with fresh water. Bring to a simmer. Poach for about 20 minutes or until cod is soft.

Prep time: 30 minutes

Cooking time: 30-45 minutes

Serves: 4

10 ounces salt cod (bacalhau) or Salt Brined Local Fish, page ?.

8 ounces Russet potatoes

1 tablespoon butter

3 tablespoons milk

3 tablespoons parsley, fresh, stemmed, finely chopped

1-2 tablespoons mint, fresh, stemmed, finely chopped

to taste freshly ground pepper,

3 each eggs, whites and yolks separated

1 tablespoon Port wine (optional)

½ cup oil for deep frying (with neutral flavor and high smoke point)

1. See Chef Notes for advance preparation of your choice, salt cod or salt brined local fish.
2. While fish is poaching, cook potatoes in their skins. Once cooked, peel, then mash together with butter and milk.
3. Heat oil as needed to deep-fry fish cakes, in a fryer or heavy deep pot, to 375 degrees F.
4. Thoroughly drain poached fish. Remove skin and/or bones, if any. Shred or flake fish with a couple of forks.
5. Add fish to mashed potatoes, then egg yolks, parsley, mint, black pepper and optional port wine. Mix thoroughly.
6. Whip egg whites until stiff, then fold into the fish mixture.
7. Take a lump of the mixture, about the size of a small egg, and mold it in your hand to make a torpedo shape. If needed, adjust moisture (milk) in mixture so fish balls hold together. Bread crumbs (panko) can help if too moist.
8. Deep-fry in very hot oil until crisp and brown all over.
9. Drain on kitchen paper and serve hot.



Bacalhau

Prep time: 1 hour

Cooking time: 10 minutes

Serves: 4

¼ cup olive oil

4 (8 ounce) tuna steaks (any tuna species)

6 cloves garlic, crushed and diced

¼ teaspoon red pepper flakes

¼ teaspoon garlic salt

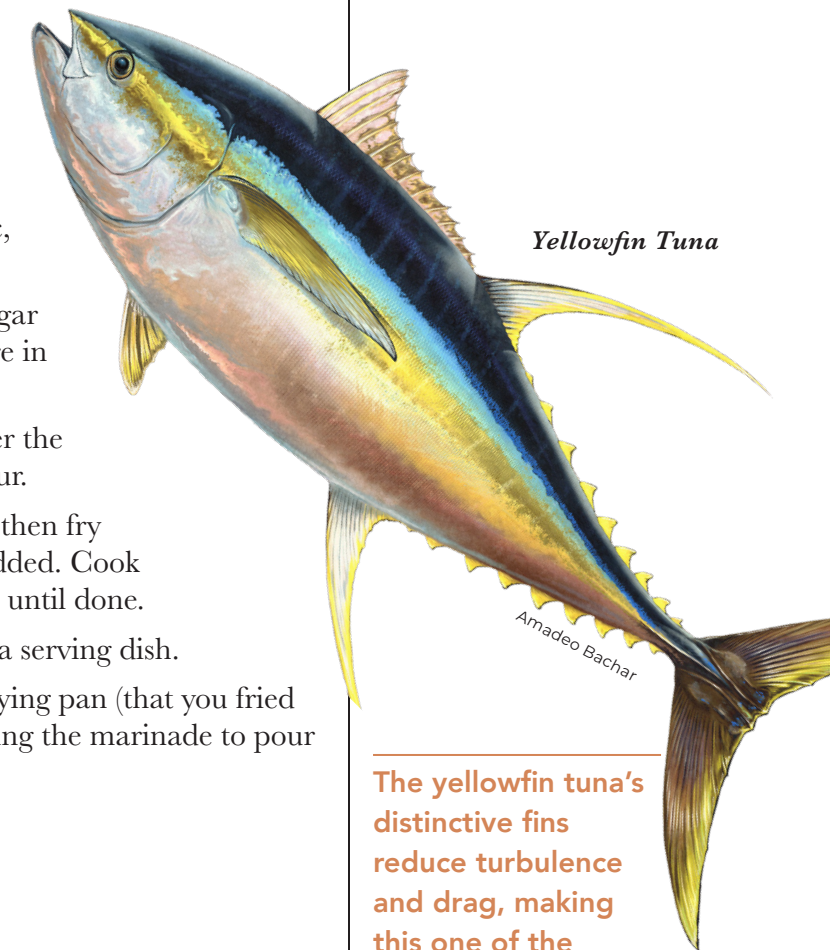
1 cup vinegar

2 cups water

1. Place the tuna in a dish where each piece lays flat.
2. In a separate small dish mix the garlic, pepper and garlic salt together.
3. In another separate dish mix the vinegar and water and then add to the mixture in the small dish.
4. Mix all ingredients well then pour over the tuna and refrigerate for at least an hour.
5. In a frying pan, heat the olive oil and then fry the tuna. Steaks should sizzle when added. Cook uncovered, 2 to 3 minutes per side, or until done.
6. Once the tuna is done, set it aside on a serving dish.
7. Add the marinade mixture into the frying pan (that you fried the fish in) and bring it to a boil, making the marinade to pour over the tuna.

Bifes de Atum (Tuna Steaks)

Chef Zeca Rodrigues



Yellowfin Tuna

Amadeo Bachar

The yellowfin tuna's distinctive fins reduce turbulence and drag, making this one of the fastest of all fishes.

Molho de Peixe (Fish with Sauce)

Chef Donna Calhoun

Prep time: 15 minutes

Cooking time: 1 hour

Serves: 2-3

1 pound firm, white-fleshed fish (rockfish, California halibut, lingcod)

3 teaspoons olive oil

1 onion, yellow, medium, chopped

2 cloves garlic, peeled, minced

2 tablespoons green onion, chopped

5-6 allspice berries

½ teaspoon cumin seed

½ teaspoon red chili pepper, crushed (flakes)

¼ cup white wine

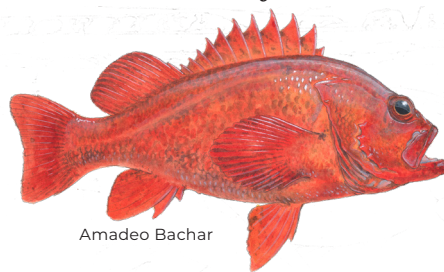
8 ounces tomato sauce, canned

Salt and pepper, to taste

Green onion or parsley, minced, for garnish

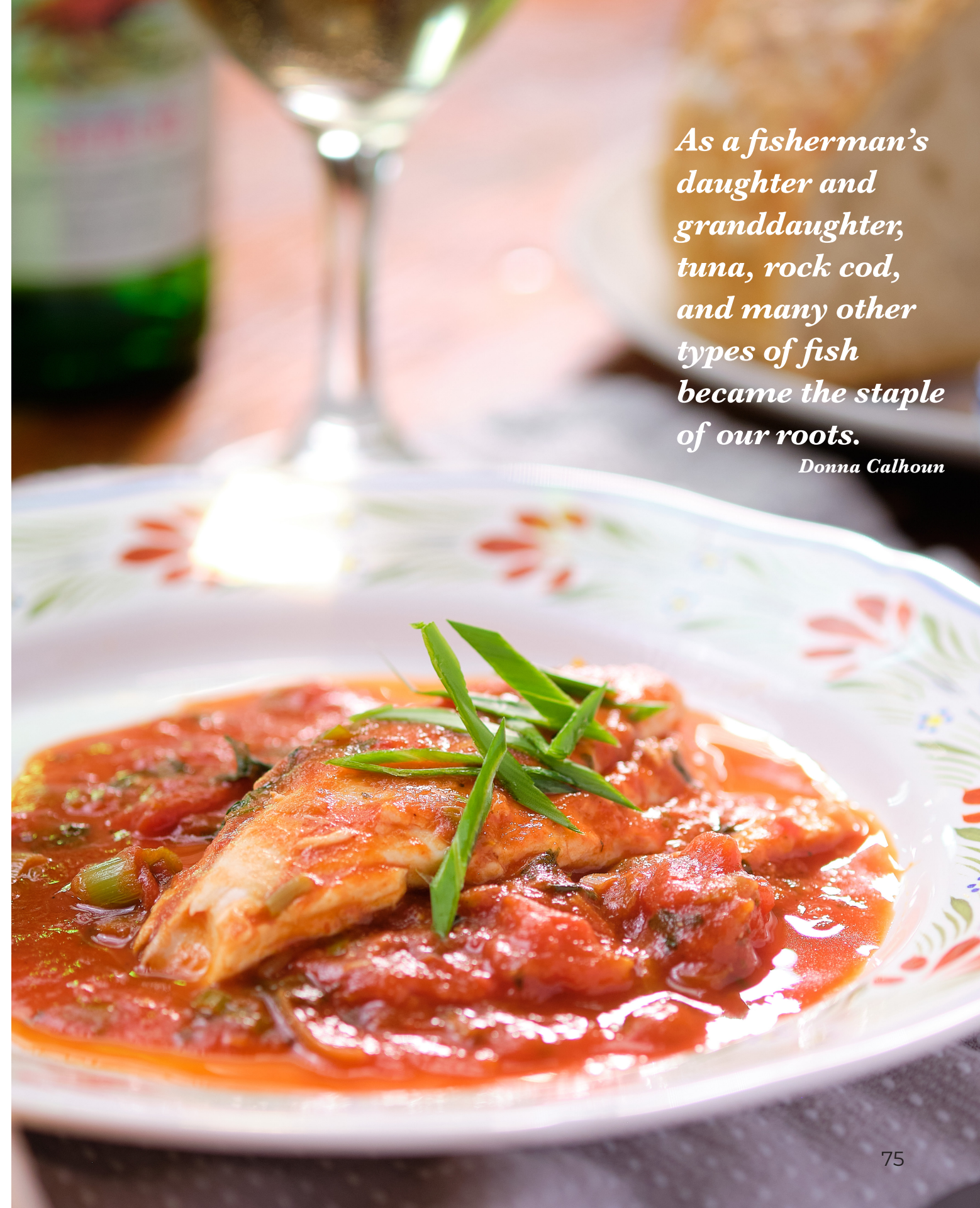
1. Heat oil in skillet over medium heat.
2. Add onion and garlic to oil, and cook until onion is translucent.
3. Add fresh parsley, allspice, cumin, red pepper and wine, cooking until wine is reduced and flavors concentrated.
4. Stir in tomato sauce and lower heat to keep from burning. Simmer 30 minutes or as long as desired.
5. Add fish and cook 15 minutes longer or until sauce returns to a simmer.
6. Garnish with green onion or parsley.

Vermilion Rockfish



Amadeo Bachar

Rockfish is occasionally called rock cod or snapper because its firm white meat is similar to that of cod and snapper, despite being unrelated.



As a fisherman's daughter and granddaughter, tuna, rock cod, and many other types of fish became the staple of our roots.

Donna Calhoun

Caldeirada de Peixe (Fish Stew)

Chef Donna Calhoun

Throughout the years, our traditional Portuguese food has been influenced by our newly adopted American home and our friends. Our “Caldeirada de Peixe” or Portuguese Fish Stew became less fishy and more crustaceous and is commonly referred to as “Cioppino.”

Zeca Rodrigues

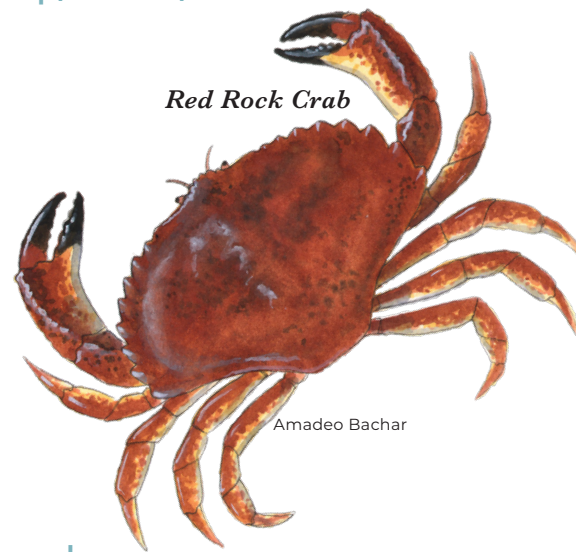
Prep time: 10

Cooking time: 1 hour 40 minutes

Serves: 6-8

- 1-2 pounds firm white fish (California halibut, rockfish, lingcod, or other firm, white, flaky fish)
- 1 pound clams or crabs in shells
- 1 pound shrimp, shelled
- 10 ounces finely chopped shrimp, lobster, or crab meat
- 1 large onion, minced
- ½ cup green pepper, minced
- ½ stalk minced celery
- 2 cloves garlic, minced
- ½ cup dry wine
- ½ cup olive oil
- 2 cups canned tomatoes
- 1 (8 ounce) can tomato sauce
- 1 teaspoon dried basil
- 1 small bay leaf
- 1 tablespoon fresh dill or dill seed
- ½ teaspoon curry powder
- Salt and pepper, to taste

1. Cook onion, celery, garlic, and green pepper in oil for 10 minutes in large saucepan.
2. Add tomatoes, tomato sauce, and seasonings.
3. Simmer, covered, for 1 hour, adding a small amount of hot water if mixture is too thick.
4. Add wine, cook for 10 minutes.
5. Arrange seafood in layers in deep kettle top with boiling sauce. Simmer, covered for 20 minutes.
6. Serve into bowls, enjoy!



Red Rock Crab

Amadeo Bachar

Prep time: 10 minutes

Cooking time: 10 minutes

Serves: 2-3

- 1 can tuna (or 6oz home canned)
- 2 eggs, beaten
- 1 onion, chopped
- ½ cup chopped parsley
- Salt and pepper to taste

1. Flake tuna in a bowl, adding beaten eggs, onion, garlic, and chopped parsley.
2. Heat a pan with a small amount of oil, and spoon tuna mixture in dollops into the pan, pressing down on the spoonfuls to form patties.
3. Flip the patties over when the egg has set, and the patties are a light golden brown.
4. Drain on a paper towel before serving.

Tortas (Tuna Patties)

Chef Aldina Alves



Bacalhau à' Beira Alta (Northern-Style Cod Casserole)

Chef Maria Adelaide Melo

Prep time: Overnight

Cooking time: 1 hour

Serves: 4-6

4-6 pieces Bacalhau or Salt-Brined Local Fish (page ?)

8-12 potatoes, Russet, peeled, sliced

1 (14-ounce) can garbanzo beans, drained and rinsed

1-2 bell peppers, stemmed, seeded, chopped

1 (6-ounce) can olives, black, pitted

6 eggs, hard cooked, peeled, sliced

2 onions, medium, yellow, peeled and chopped

2 tablespoons garlic, peeled, crushed (minced)

4 tablespoons Extra Virgin Olive Oil (optional: extra for step 10)

1/3 cup parsley, stemmed, chopped

Cumin, ground, to taste

Salt and pepper, to taste

Paprika, sweet, ground, to taste

See Chef Notes for advance preparation of your choice, salt cod or Salt Brined Local Fish (page ?).

1. Preheat the oven to 200 degrees. With a pastry brush, coat the bottom and sides of a casserole 8 inches in diameter and 4 inches deep with 1 tablespoon of olive oil.
2. Drop the potatoes into a pot with enough lightly salted boiling water to cover them completely. Boil briskly until they are tender but not falling apart.
3. Drain, peel, and cut potatoes into 1/4 inch slices. Set aside.
4. If using bacalhau: drain the cod, rinse under cold running water, place in a sauce pan and add enough fresh water to cover the fish by 1 inch. Bring to a boil over high heat. Taste the water. If it seems excessively salty, drain, cover with fresh water and bring to a boil again. If using salt-brined local fish, poach for about 5 minutes, until fish is just cooked and flaking easily.

Chef Notes:

See Salt Brined Local Fish recipe (page ?) for an alternative to salt cod (bacalhau)—one with less intensity.

If using imported bacalhau, presoak salt cod as follows:

Place salt cod in cold water for 24 to 36 hours under refrigeration.

Change the water four or five times during soak.

Drain cod and rinse well under cold running water.

5. Reduce the heat to low and simmer uncovered for about 20 minutes or until the fish flakes easily when prodded gently with a fork. Drain thoroughly.
6. With a small knife, remove and discard any skin and bones and separate the fish into coarse flakes. Set aside.
7. In a heavy 10- to 12-inch skillet, heat 1/2 cup of oil over moderate heat until a light haze forms above it.
8. Add the onion rings. Stirring frequently, cook for 5 minutes or until they are soft and transparent but not brown.
9. Stir in the garlic and remove the skillet from the heat.
10. To assemble, spread half of the potatoes in the casserole, cover them with half of the cod fish then half of the onions. Repeat layers and pour remaining olive oil over top.
11. Bake for 20 minutes until light brown. Garnish with olives and egg slices and sprinkle with parsley.

My father, a fisherman, grew up at a time when there was no refrigeration and relied on salting for preservation. Even though it is not an issue for us, we still like the texture of the dried, salted fish. I actually like the smell of it too.

Evelyn Barandiaran



Portuguese Fish Chowder

Chef Kevin Madigan

Prep time: 20 minutes

Cooking time: 40 minutes

Serves: 8

- 2 pounds California halibut
- 2 pounds red potatoes, cut into wedges
- 2 medium onions, diced
- 6 ounces Andouille sausage, casing removed and sliced ¼ inch thick
- 1 green bell pepper, diced
- 4 cups fish stock, or water
- 2 cups whole tomatoes in juice, cut into ½-inch dice (measured with their juice)
- 2 tablespoons olive oil
 - 2 dried bay leaves
 - 3 cloves garlic, finely chopped
 - ¼ teaspoon ground allspice
 - 1 cup fresh cilantro, leaves and tender stems finely chopped
 - 2 tablespoons coarsely chopped flat-leaf parsley leaves

Salt and pepper, to taste

Optional: A little cayenne pepper is recommended before serving. Garnish with a lemon wedge.

1. Heat a 4- to 6-quart heavy pot over medium heat. Add olive oil and bay leaves. As soon as bay leaves begin to turn brown, add garlic and cook, stirring constantly with a spoon, until golden, about 20 to 30 seconds.
2. Add onions, bell pepper, and allspice and cook, stirring occasionally, until onions and peppers are softened but not browned, about 8 minutes.

California Halibut



Amadeo Bachar



3. Add potatoes and stock. If the stock doesn't cover the potatoes, add just enough water to cover them. Turn up the heat, bring to a boil, cover, and cook vigorously until they're soft on the outside yet still firm in the center, about 6 to 10 minutes.
4. Reduce the heat to medium, add the tomatoes and sausage, and simmer for 5 minutes. Season to taste with salt and pepper.
5. Add the whole fish fillets and cook for 5 minutes. Remove the pot from the heat, gently stir in the cilantro, and let the chowder sit for 10 minutes. The fish will finish cooking during this time.

Peixe Frito e Molho (Fried Fish with Sauce)

Chef Juwaldo Madruga

Prep time: 10 minutes

Cooking time: 45 minutes

Serves: 4

2 pounds of firm, white fleshed fish, skin intact (rockfish, lingcod, halibut, sanddab)

6-8 cloves garlic, minced

1 cup lemon juice

1 cup yellow corn flour

1 tablespoon paprika, sweet, ground

½ tablespoon coarse salt

¼ teaspoon white pepper, ground

2 tablespoons fresh parsley or cilantro, stemmed, chopped

2 eggs, lightly beaten

Olive oil, for frying

For Molho:

½ cup wine vinegar

1 cup cilantro, stemmed, chopped

1 onion, chopped

½ cup olive oil

1 tablespoon red pepper flakes

1. In a large mixing bowl, season each side of fish portions with garlic, then pour lemon juice evenly over fish. Set aside to marinate.
2. Prepare the molho by combining the onion, cilantro, and red pepper flakes in wine vinegar, then sautee in olive oil for a few minutes. Set aside.
3. Combine corn flour, paprika, salt, and white pepper on a sheet of wax paper.
4. Combine fresh herbs (parsley or cilantro) and beaten eggs.
5. Heat olive oil in a large skillet over medium heat, for frying.
6. Remove fish from mixing bowl and dip into seasoned corn flour, lightly coating it.



7. Shake off excess flour and dip the fish into the beaten eggs.
8. Pan fry immediately in skillet until golden brown on each side. Thinner fillets will require only a minute per side.
9. Top with Portuguese Molho.

Seared Black Cod Ensopado (Stew)

Chef Vaughn Vargus

Portuguese food is Mediterranean cuisine at its best, and like the people, it's warm, vibrant, spicy, and a little mysterious. It's also balanced, as the people's diet is filled with fruits, vegetables, fresh seafood, meat, and plenty of sweets.

Vaughn Vargus

Prep time: 10 minutes

Cooking time: 45 minutes

Serves: 6

For stew:

3 tablespoons butter

1 small onion (finely chopped)

½ of a red bell pepper (seeded, stemmed, and chopped)

¼ cup carrot (peeled, diced)

¼ cup celery (diced)

2 cloves garlic (minced)

1 each small potato (peeled and diced)

8 ounces bay scallops

4 ounces chopped clams

½ cup of white wine

½ cup of crushed tomatoes

1 cup of sweet peas (fresh or frozen, uncooked)

Pinch of saffron

1 teaspoon paprika (sweet, ground)

1 teaspoon salt

½ teaspoon white pepper

4 cups of chicken broth

2 cups of long grain uncooked white rice

Fresh chopped cilantro for garnish

For black cod:

6 (4-5 ounce) pieces skin-on sablefish (black cod)

1 tablespoon olive oil

Salt and pepper, to taste



1. Melt butter in large deep heavy skillet: add onion, red pepper, carrot, celery and garlic and sauté until translucent.
2. Add scallops and clams with juice to skillet with sauteed vegetables. Brown for a few minutes.
3. Deglaze the pan with wine. Add tomatoes, paprika, and salt, and cook for about 2 minutes until slightly reduced.
4. Add the broth and bring to a boil.
5. Add the saffron and rice and stir while cooking for about 5 minutes on medium-high heat.
6. Reduce heat to a low simmer and stir in the peas. Taste and adjust seasonings if needed.
7. Arrange the scallops and clams, evenly submerged, on top of the rice. Continue to simmer the stew gently, covered, for about 15 minutes or until the rice is cooked.

While stew finishes cooking, sear each portion of black cod:

8. Pat dry the fish, both skin side and flesh side until all moisture has been absorbed. Pinning each portion of fish is recommended (removing bones, if any, left by your fishmonger).
9. Heat oil over medium to high heat in a large, nonstick skillet
10. Season fish with salt and pepper. Cook skin side down for 4-5 minutes until golden brown and crisp.
11. Gently turn the fish and cook for another 2-3 minutes. Remove from pan and let fish rest.
12. Hold fish warm, until time of service.
13. Taste stew and further adjust seasonings if needed.
14. Portion stew, spooning 4-6 ounces into each of 6 wide-rimmed shallow bowls.
15. Top each portion of stew with a portion of seared fish, skin side up, and garnish with cilantro.

Sablefish or Black Cod

